

Dr. Bob's
Book of the Dead

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This book
is dedicated to
John Clarke
who makes me want
to laugh and to cry
in the same breath.

Hi, I'm Dr. Bob and I treat people who are addicted to drugs. You can read all about me and my medical practice at www.Trafn.com. I have written this book as an educational tool for my patients in their journey to recovery.

One of the most common obstacles faced by people with drug addiction is that of self-esteem. While no two addicts are alike and each person's addiction journey is unique, the addiction process commonly alters a person's sense of self-esteem and, therefore, their sense of themselves. This can be hazardous, as an addict's self-esteem usually gravitates toward one of two extremes: either they have too little and cannot take themselves or their lives seriously, or they have too much and they place themselves and their concerns high above those of others. In the worst case scenarios, those at the low self-esteem end are at risk of suicide as they find little value in their own lives, while those with too much may develop Napoleonic complexes or even become sociopathic. Either way, the outcomes are seldom desirable.

Of course, as with many of life's challenges, the solution to this problem is moderation. Just like the porridge in *Little Red Riding Hood*, you don't want your self-esteem to be too hot or too cold. You want it to be just right. That's what moderation is all about. So, now that you know the secret to healthy self-esteem, the problem is solved. Right? Wrong!

Like so many easy answers in life - just stop smoking, lose some weight, etc. - they're easy to understand but extremely difficult to master. Why? Because practice makes perfect, but practice takes time, and we're not a time compassionate society. We not only want everything now, we want it yesterday, or even last month if possible. If it takes more time than a fast-food drive through, then most people just aren't interested.

Unfortunately, moderation doesn't come in a pill or a happy meal. It's something that's often learned over weeks, months, years and even decades. In fact, its perfection can be the journey of a life-time, and the first step down that path is often the hardest. That is why I've

written this book: to aid my patients in their trek towards moderation. Whether these pages turn out to be a helping hand or a swift kick in the ass, I hope they will provide the impetus needed to seek healthy self-esteem. So let's get started.

This is a person: ●. These are two people: ● ●. And these are ten people: ● ● ● ● ● ● ● ● ● ●. They're all going to die today. Chances are, however, you're not going to be one of them (if you are, read faster). Why? Because, on average, barring any man-made or natural disasters, about 160,000 people die each and every single day. How do I know? Because the C.I.A. (U.S.A. Central Intelligence Agency) told me so. And how do they know? Well, who knows more about death than the C.I.A.? And why would they tell me? Well, they tell everyone. The C.I.A. publishes something called the World Factbook, and in it you can find all sorts of interesting stuff like population numbers, birth rates, and death rates. Google it. I did. And it's all online.

I've been following the C.I.A.'s World Factbook for several years now. Lately, it turns out that somewhere between 150,000 and 160,000 people die on an average day in most years. Sometimes the number is closer to 150,000, and sometimes it's closer to 160,000. Given this is just an educated guesstimate, but by people who know about death, I have been continually amazed by two facts. First, that's a lot of people to die every single day. Second, for the most part, I don't know any of them. Sure, I'm constantly hearing news about people who have died recently, like celebrities, politicians, people in bad accidents, and victims of violence or war. But 99.999999% of the time they weren't a close friend or family member of mine, or someone with whom I directly shared a close personal relationship. They just died and I just happened to hear about it.

But hey, wait a minute! What's all this death stuff got to do with moderating self-esteem.

Lots. The point is that approximately two people are dying every second while you're reading this. And most likely, you're not going to know any of them, and you're not going to be one of them (again, if you are, read faster). So what's that got to do with your self-esteem? Everything! On the one hand, you're not dead yet. On the other hand, you're probably gonna die one day soon: hopefully not too soon, but at least soon in terms of history's billion-year time scale. Make sense? No? Feel better? No? Okay, let me try again.

Self-esteem is all about having a sense of one self, and to do that one must have a sense of the world in which we live. There are nearly 7 billion people on this planet, and you definitely are one of them. Each day, about 160,000 of these people die, and you most likely are not one of them. These are important numbers - 1 in 7,000,000,000 and not 1 in 160,000 - for they give you perspectives on yourself and our planet. In a world of some 7 billion people, no one's indispensable: even Presidents get replaced every four years. So if you have too much self-esteem, get over it, unless of course you want to end up like Napoleon. You are one amongst many as each one of the many is just one amongst you. Inherently, we're all as important as each other, even you.

In contrast, if you suffer low self-esteem, realize that you're unlikely to be one of the 160,000 who dies today. Since death is the final roll-call from which there are no second chances, that's a good thing as long as you're willing to embrace change, or at least the possibility of change. Just don't look for change in a pill or a fast-food drive-through. Look for it down the road - next week, next month, or even next year - and travel that road until you get there.

So, now do you get it? Kind-of? Maybe? Not quite sure? Okay, well maybe what's needed is something a little more practical to get things started. Okay then, I give you *Dr. Bob's Book of the Dead* - eighty pages of insightful thoughts that have helped me on my

journey toward moderation, and eighty pages of dead people - remember this: ● - so that you can see how many individuals have died by the time you awoke today, are dying while you're reading this, and are going to die by the end of this and every day. Keep in mind that 160,000 is a really big number, but what does it really look like? Take a peak inside and find out. You may find more than 160,000 dead people. You may find a better perspective on yourself.

By the way, there are many mysteries in *Dr. Bob's Book of the Dead*. I'm going to share just one of them with you. Each page of the dead contains exactly two thousand ● 's which represents 2,000 actual people. They're divided into twenty 10x10 blocks, each containing 100 ● 's, and it takes exactly 18 minutes for all of them to die. That's why at the bottom of each page of the dead you'll find a key that tells you how many people have already died up to that page, the 18 minute time frame during the day when the people on a particular page will die, and the total number of people who have died at the end of those 18 minutes. If this is confusing, just look at a few of the dead pages and you'll figure it out.

So, without further to-do, for my patients I hope this inspires you to embrace healthy change. Seek moderation in your self-esteem and you will overcome one of the greatest obstacles to living a drug free life.

Dr. Bob

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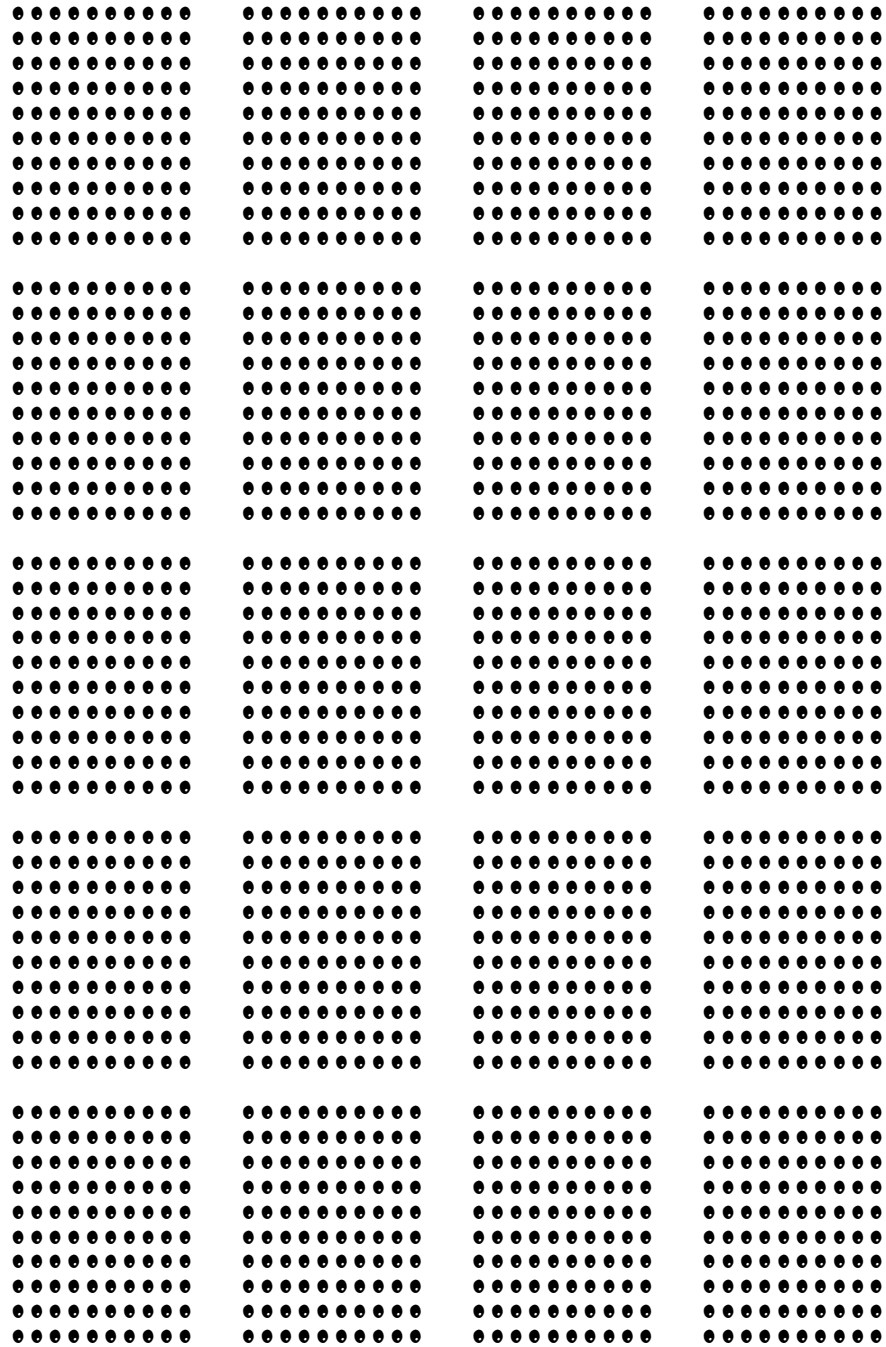
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Some of us must say,
let's step back for a moment.
Let's just pause, just for a minute
to think through the implications
of our actions today
so that this does not
spiral out of control.

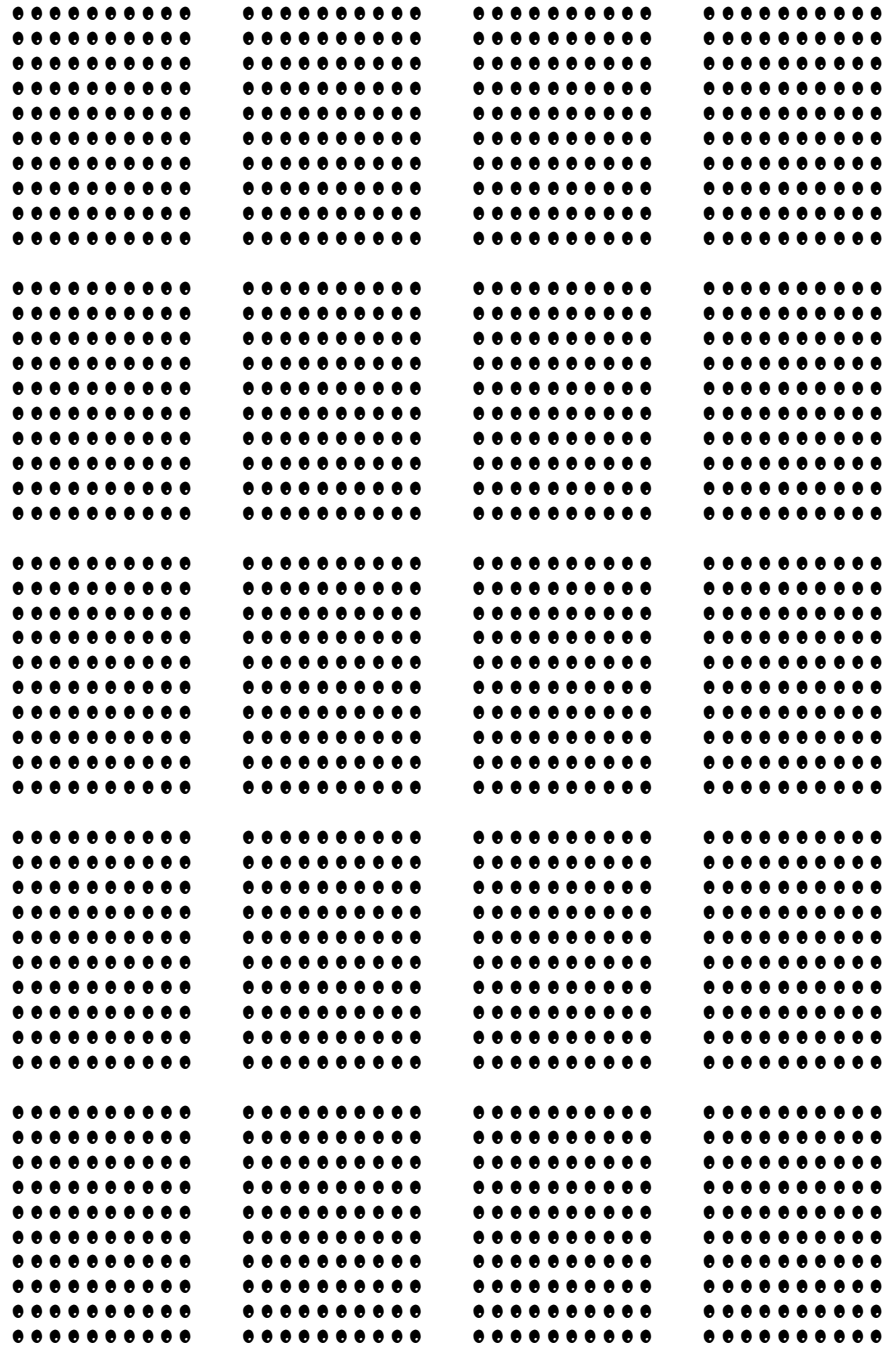
Barbara Lee

United States Congresswoman, California's 9th Congressional District
On September Fourteenth, Two Thousand One, she was the only person
brave enough to vote against giving the President a blank check to wage war.

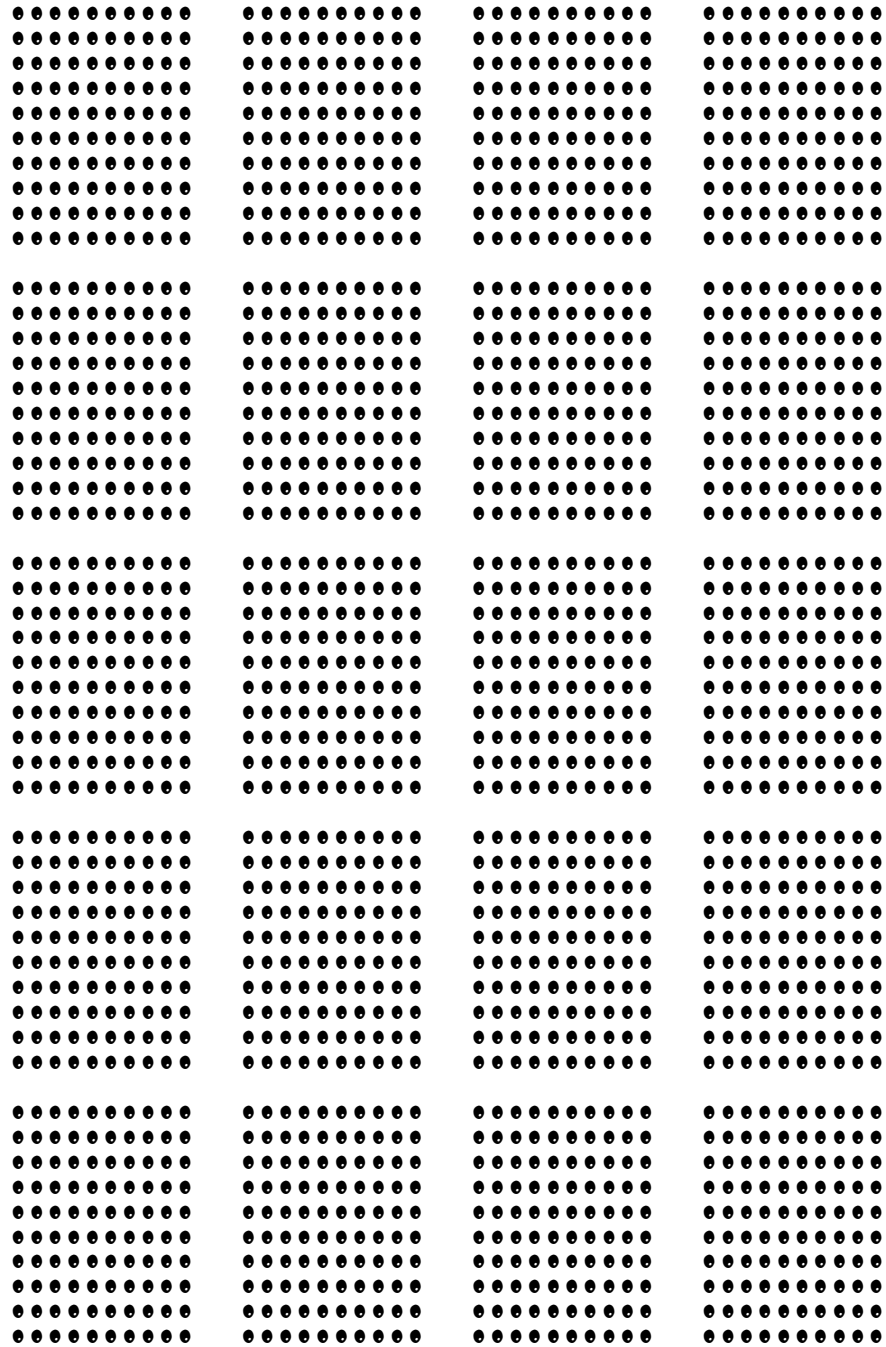
If life gives you lemons,
then check the small print.
They're probably not yours.



It doesn't make sense
to look for a smoking gun
when you live in the barrel.

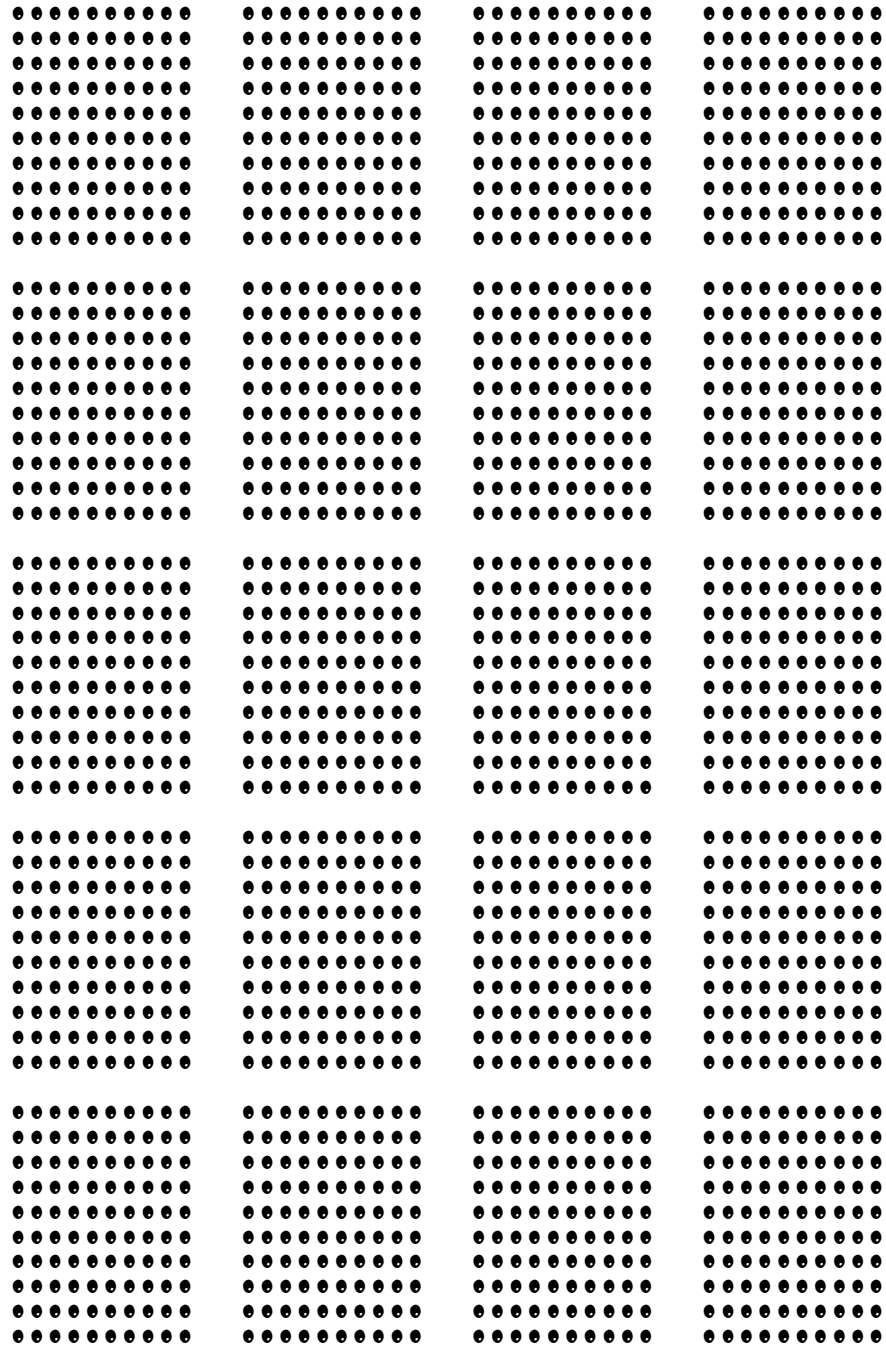


It takes
a lot
of poor people
to make
a rich person.



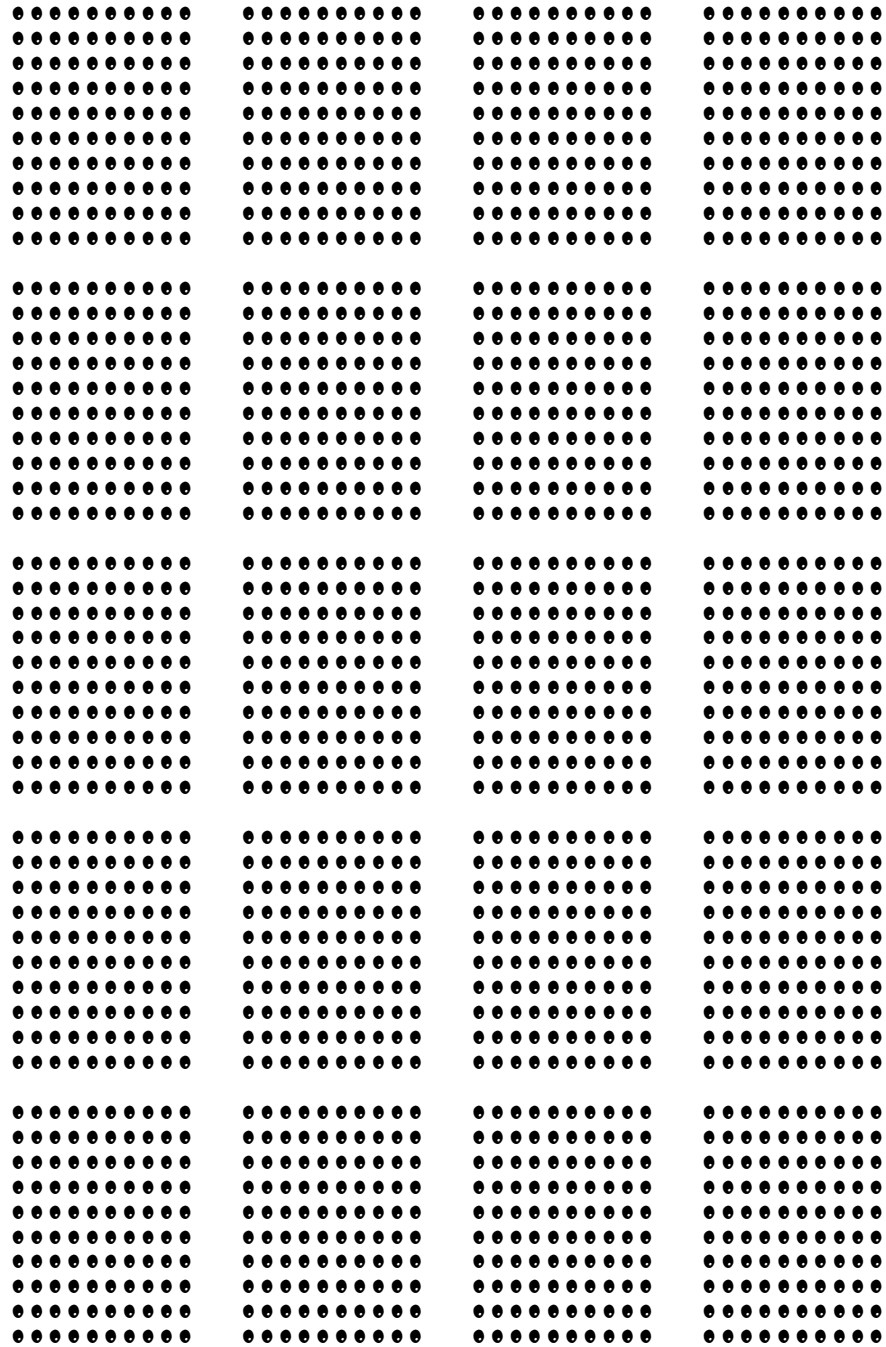
Those with
few expectations
are seldom disappointed.

- Samuel Johnson, 1758



Reality is
merely an illusion,
albeit a persistent one.

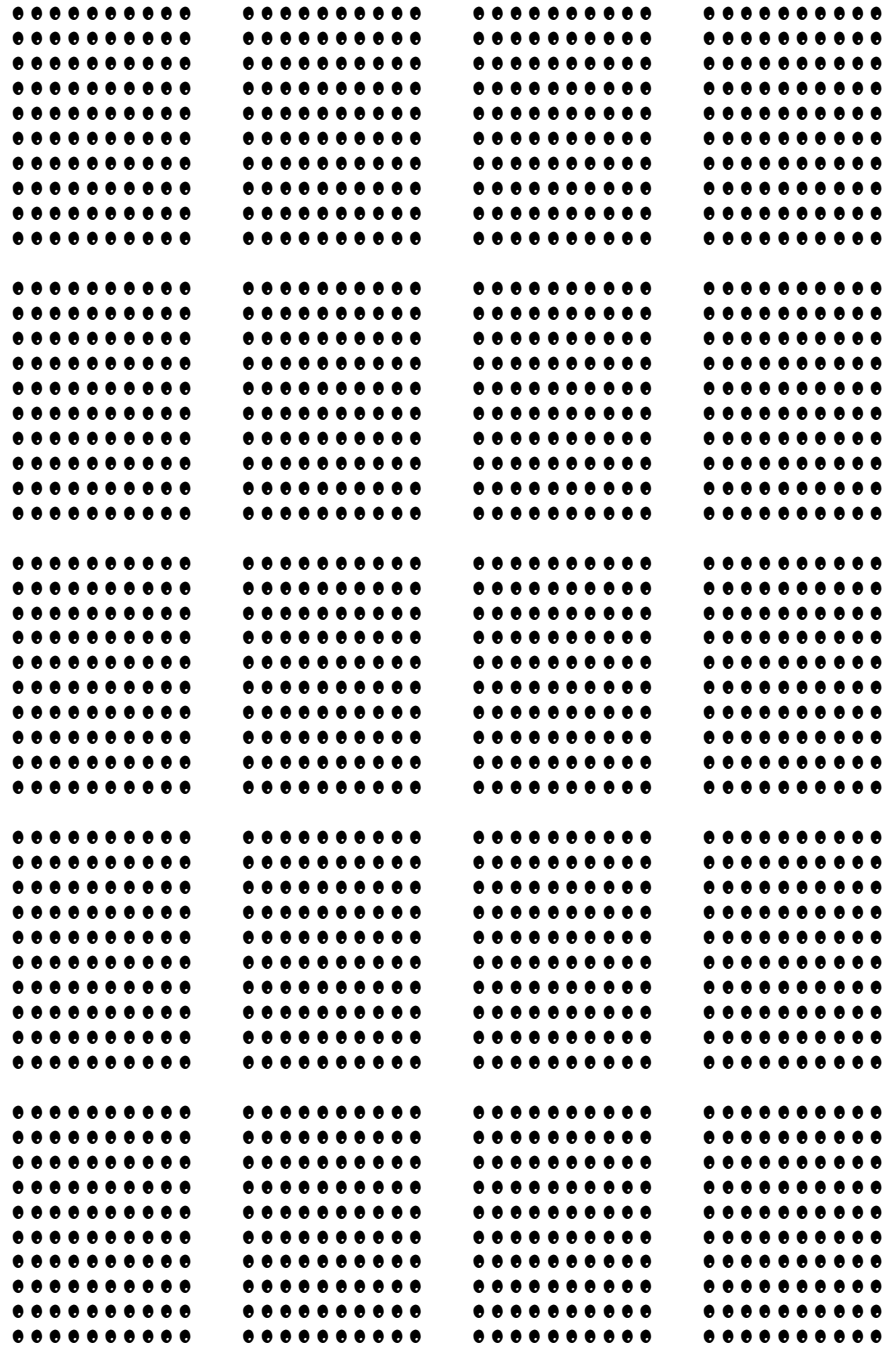
- Albert Einstein



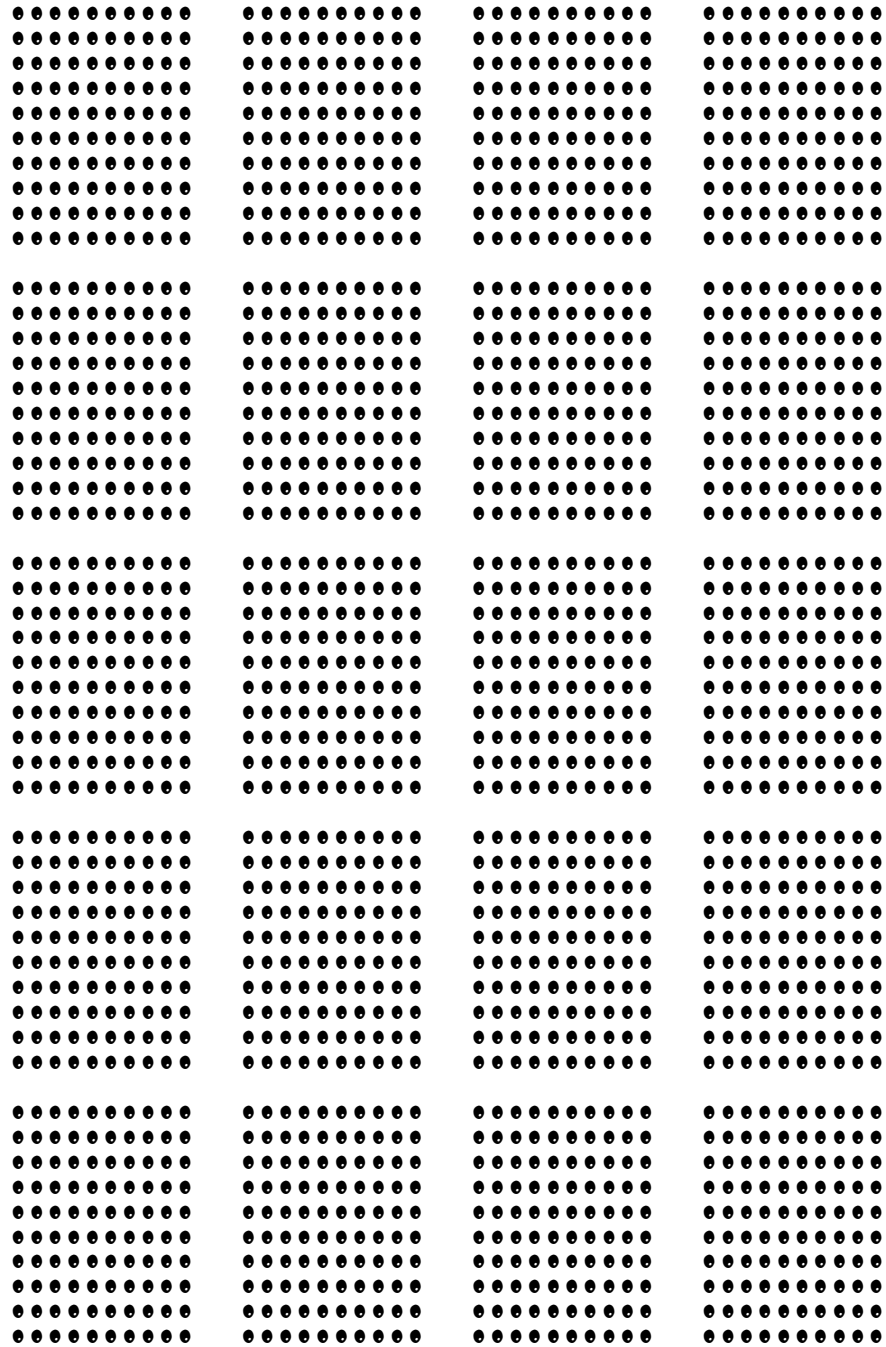
Don't you know
there ain't no devil,
it's just god
when he's drunk.

- Heartattack and Vine

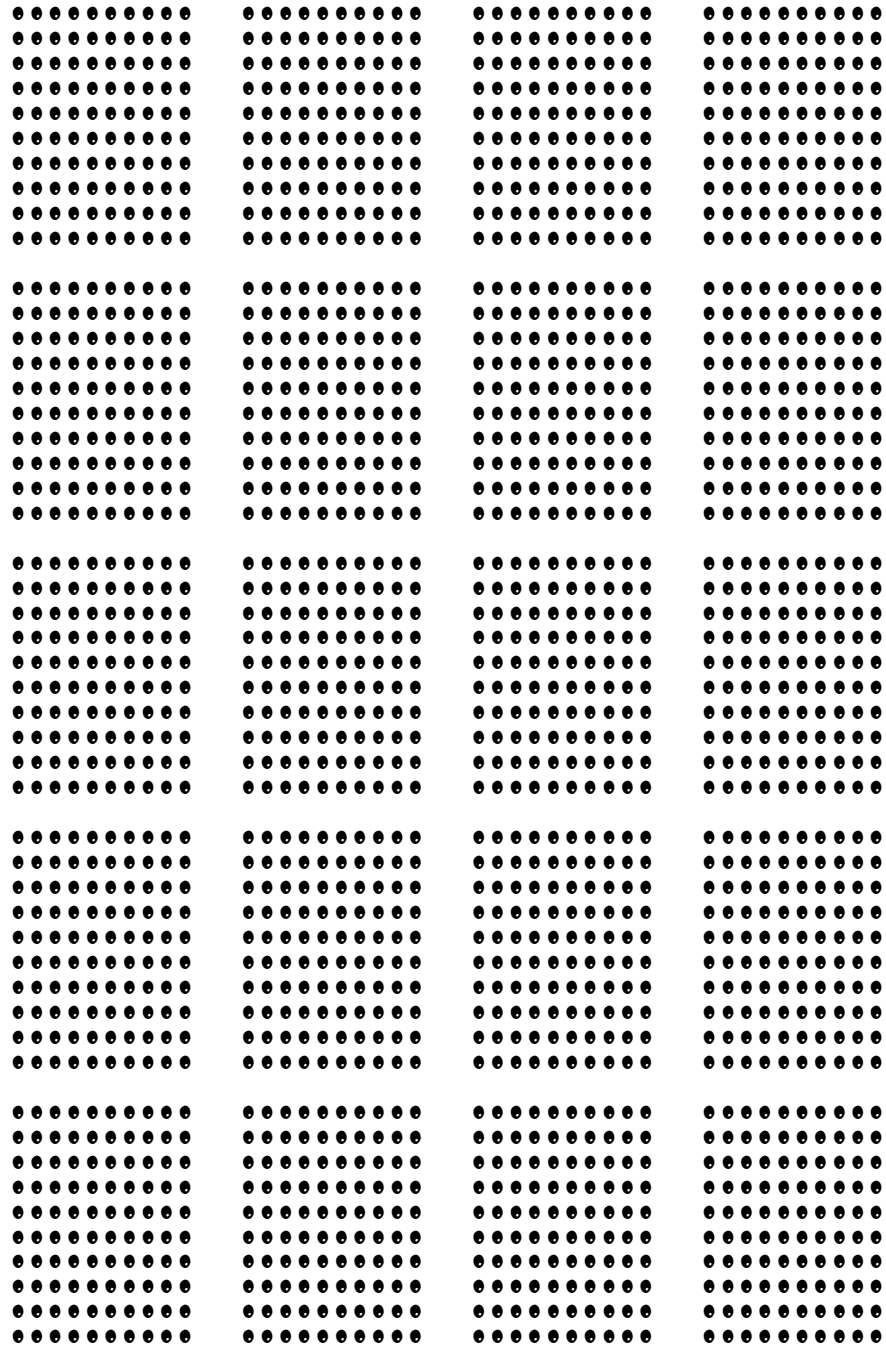
Tom Waits



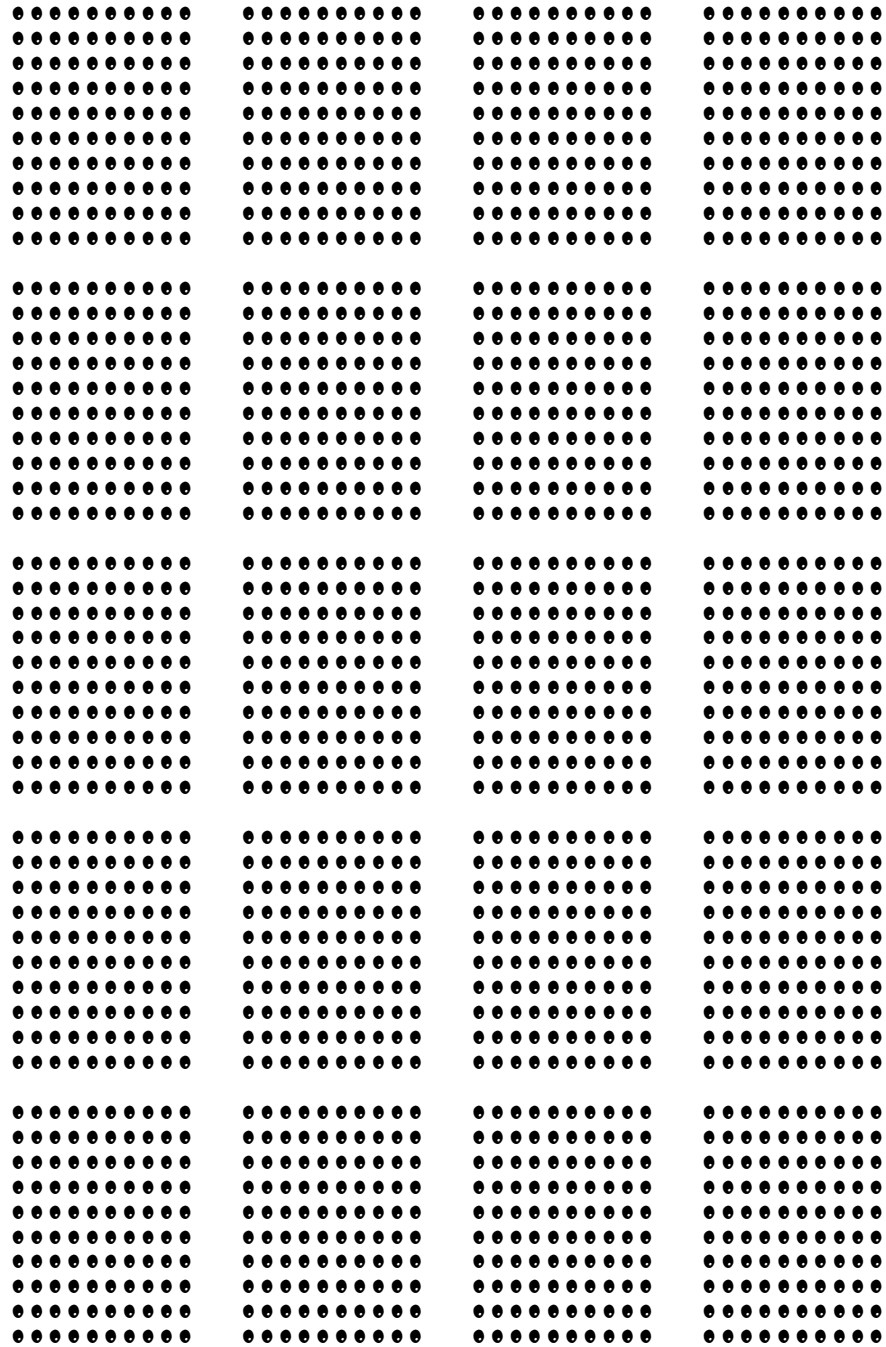
There is
no meaning to life
except that which you choose.
But meanings prompt actions
and actions have consequences.
So choose your meanings
carefully.



If we are
the most intelligent beings
in the universe,
then god is
an idiot.



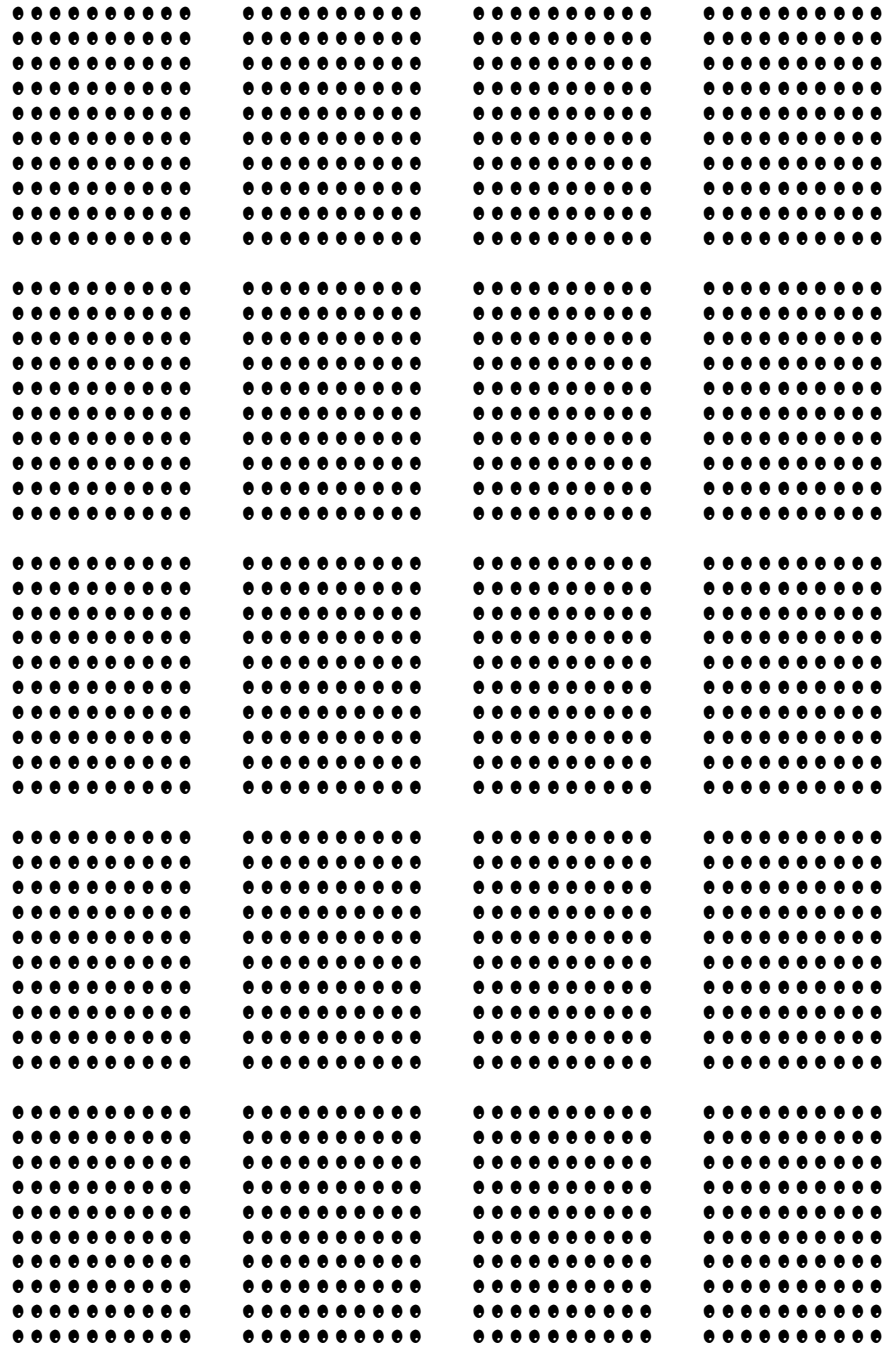
God is
what we
want it to be,
need it to be,
and will it to be,
and most likely
none of the above.



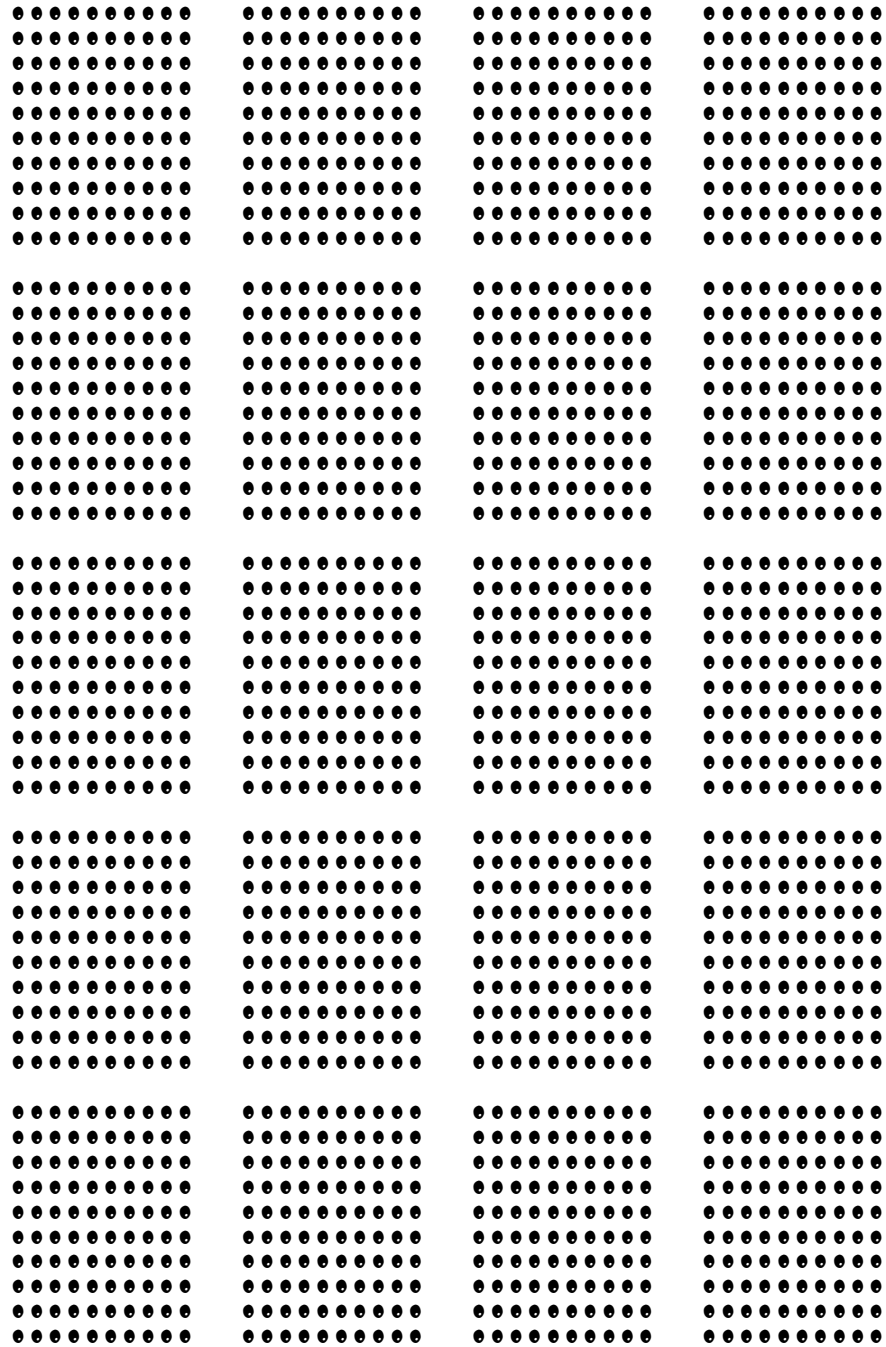
No fear

equals

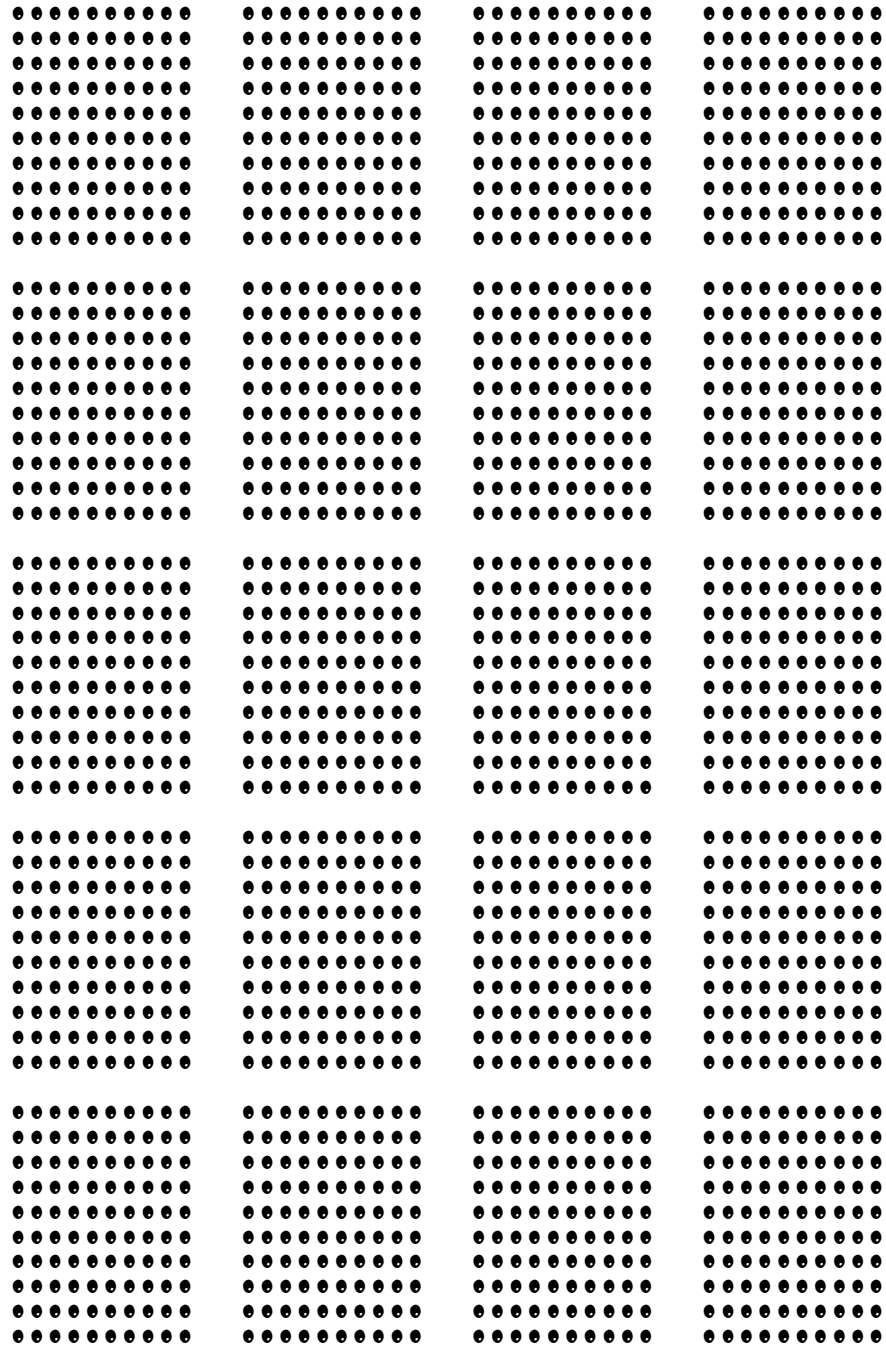
no experience.



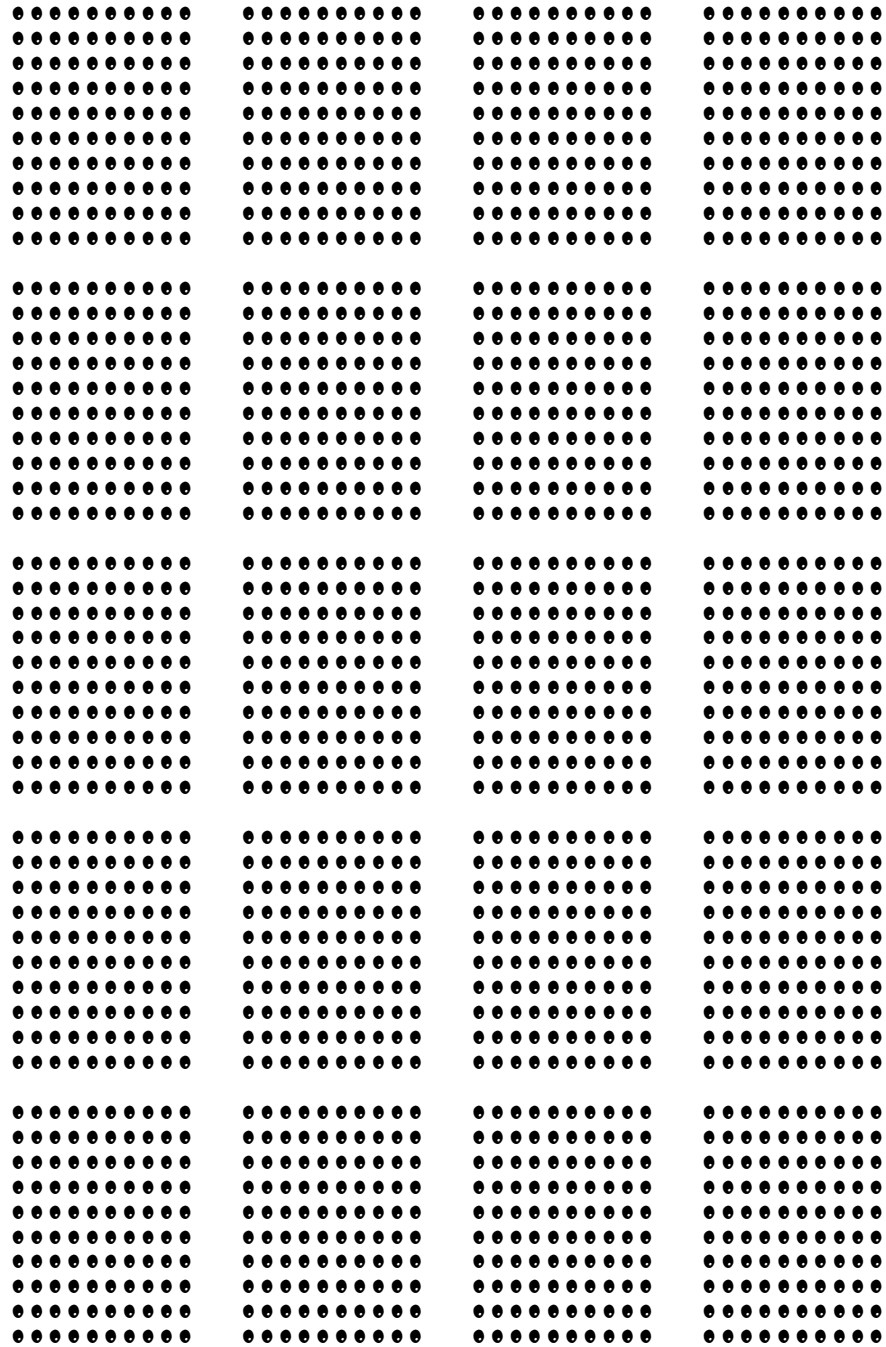
Buddha, Jesus,
Krishna and Mohamed
are no more or less
children of god
than you or I.



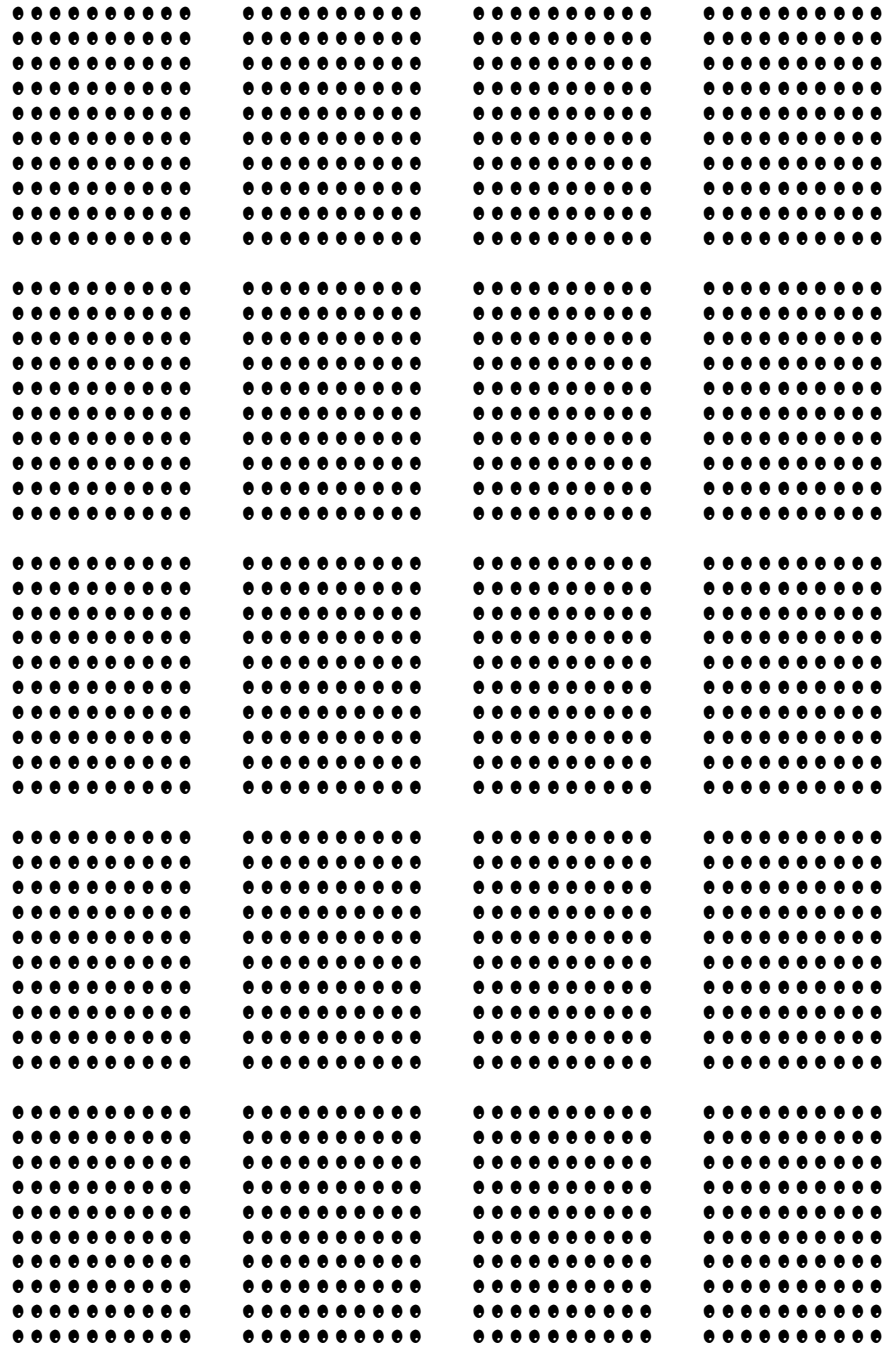
If thou shalt
not kill,
then thou shalt
starve to death.



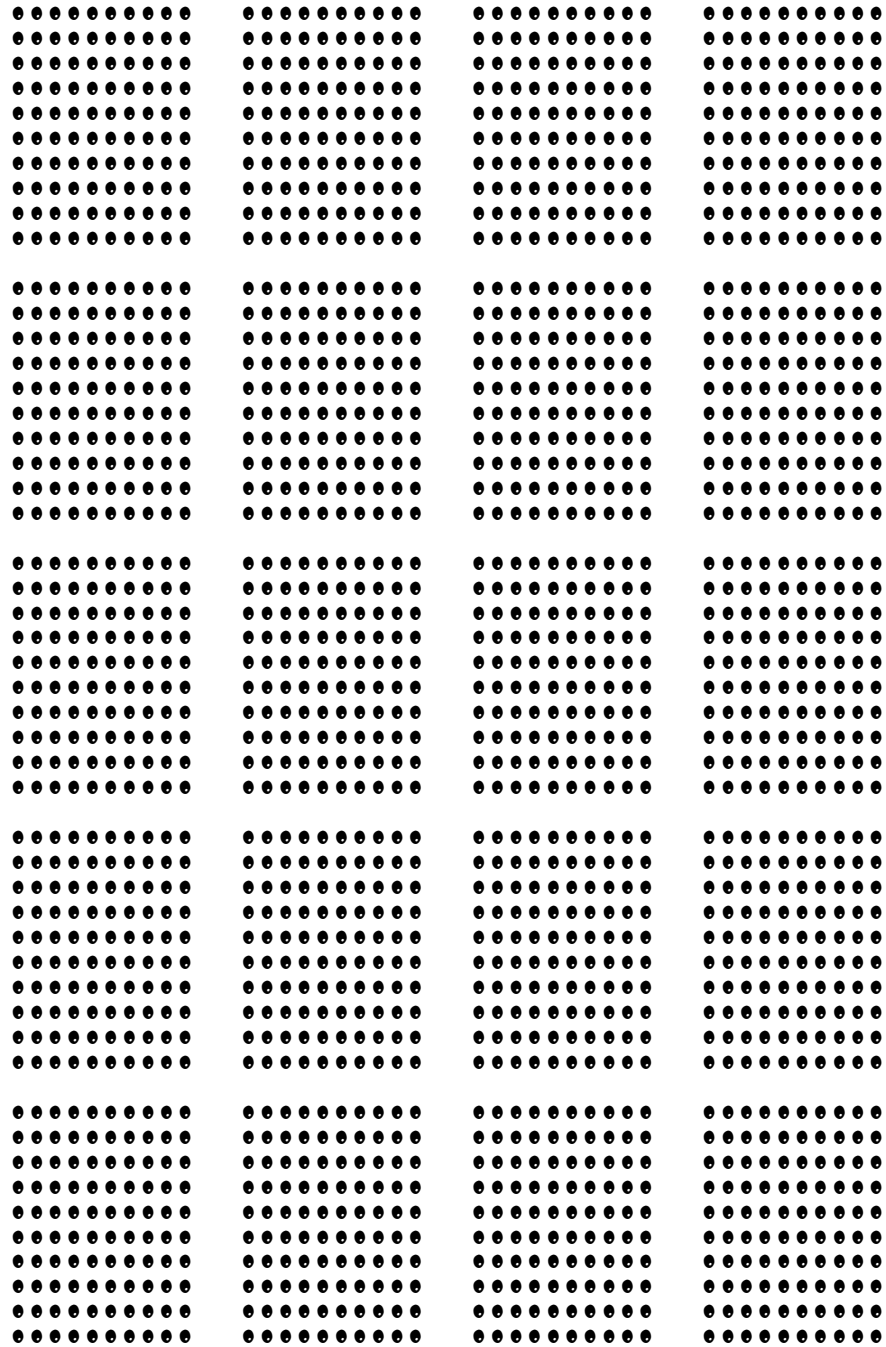
Ignorance is ubiquitous,
but knowledge
is an uphill battle,
so keep climbing.



In time,
history forgets
everything and everyone,
especially those
it remembers.

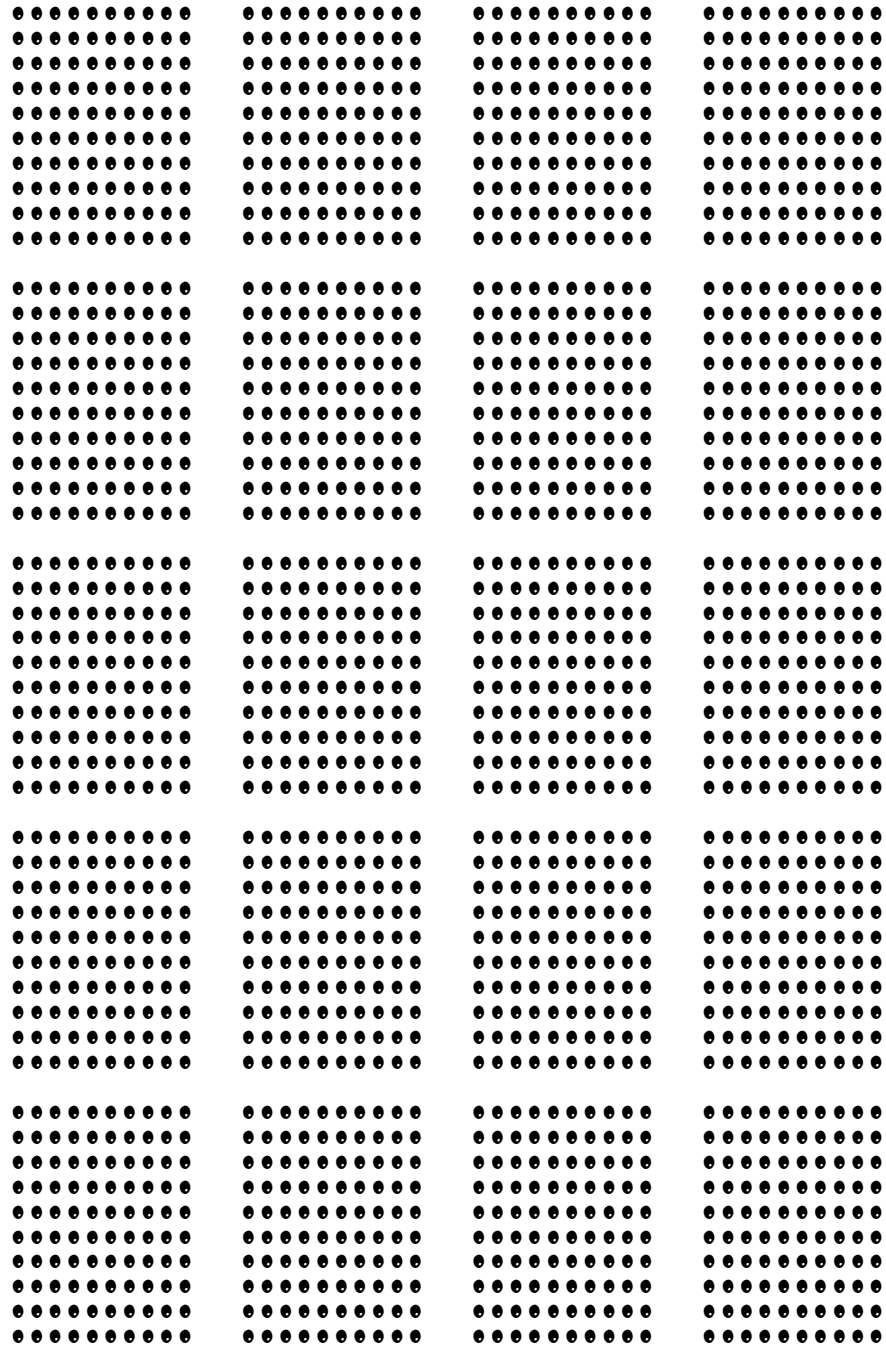


Life is
a fatal disease.
No one gets out
alive.

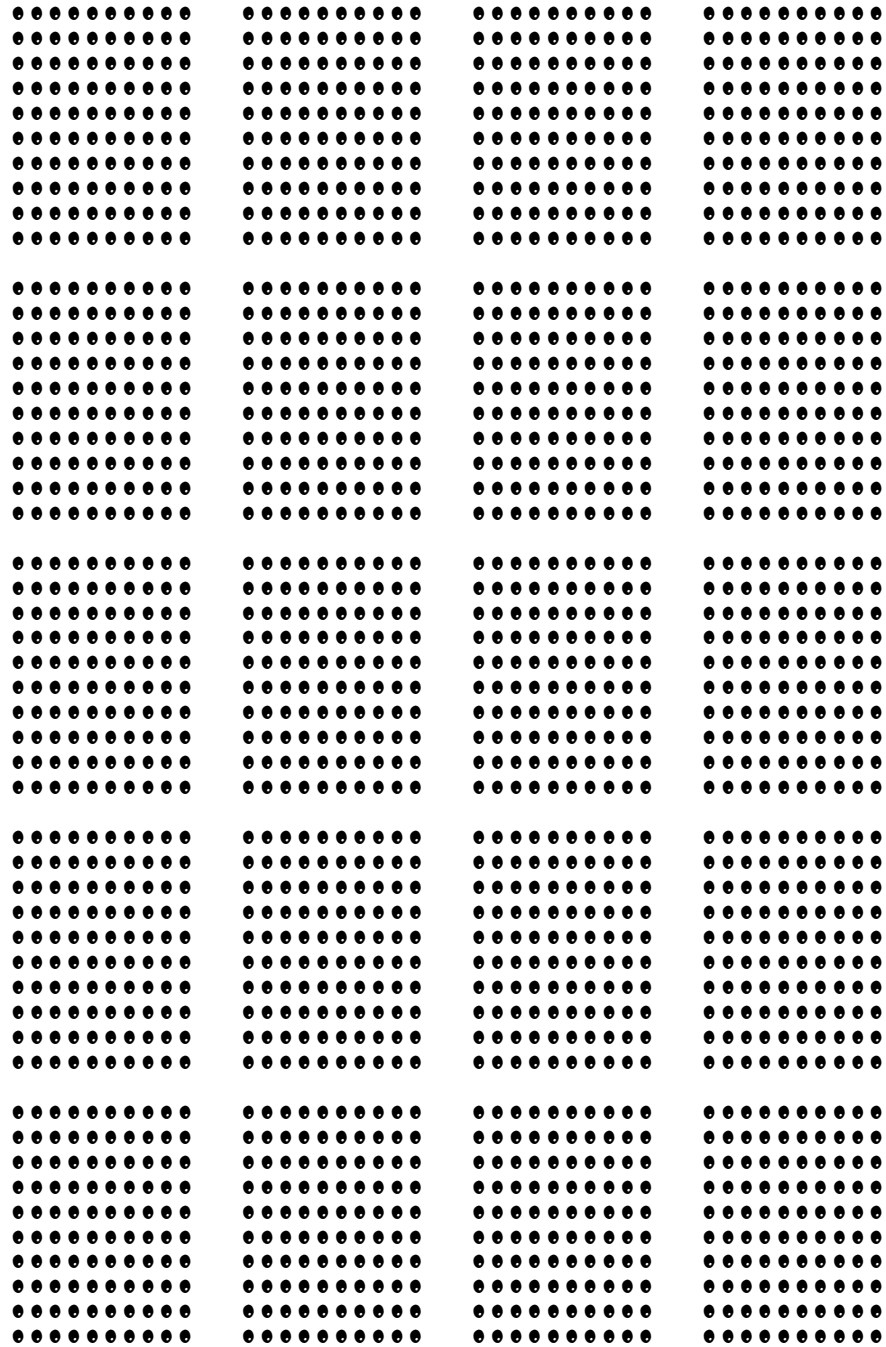


Health consists
of having the same diseases
as one's neighbors.

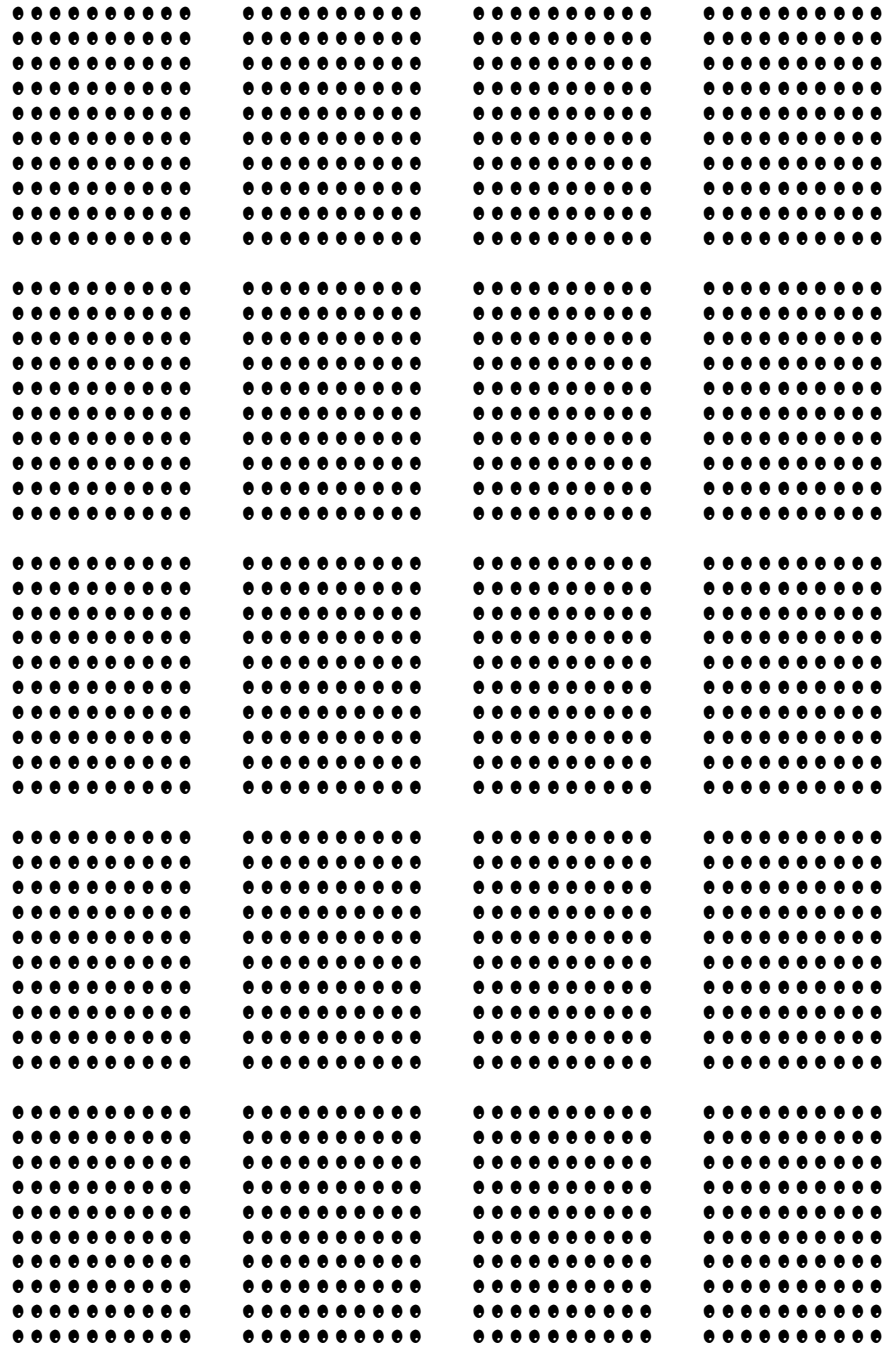
- Quentin Crisp



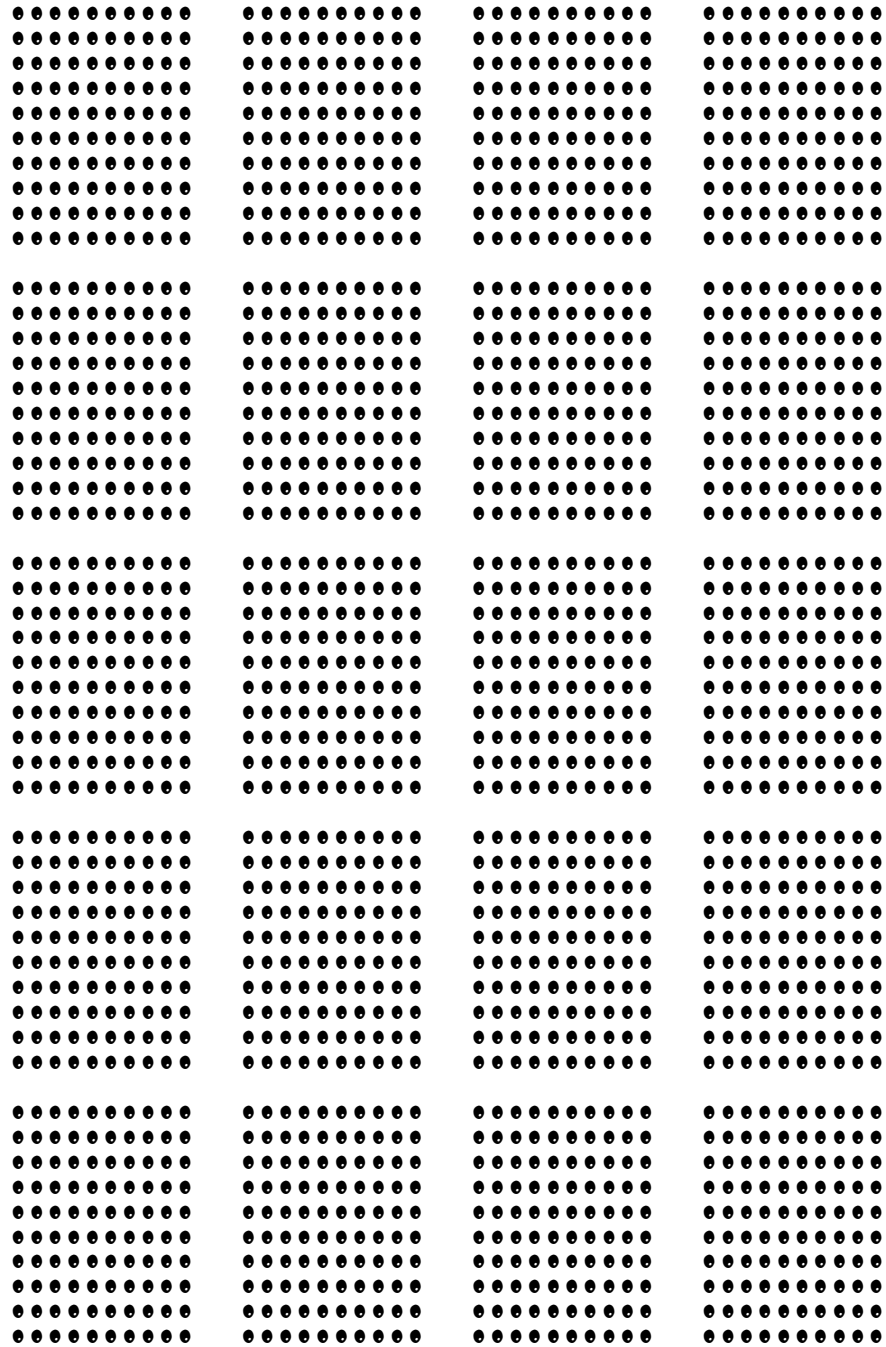
The evil
you do unto others
you must first do
unto yourself
at least in your own mind,
for how else would you know
it was evil?



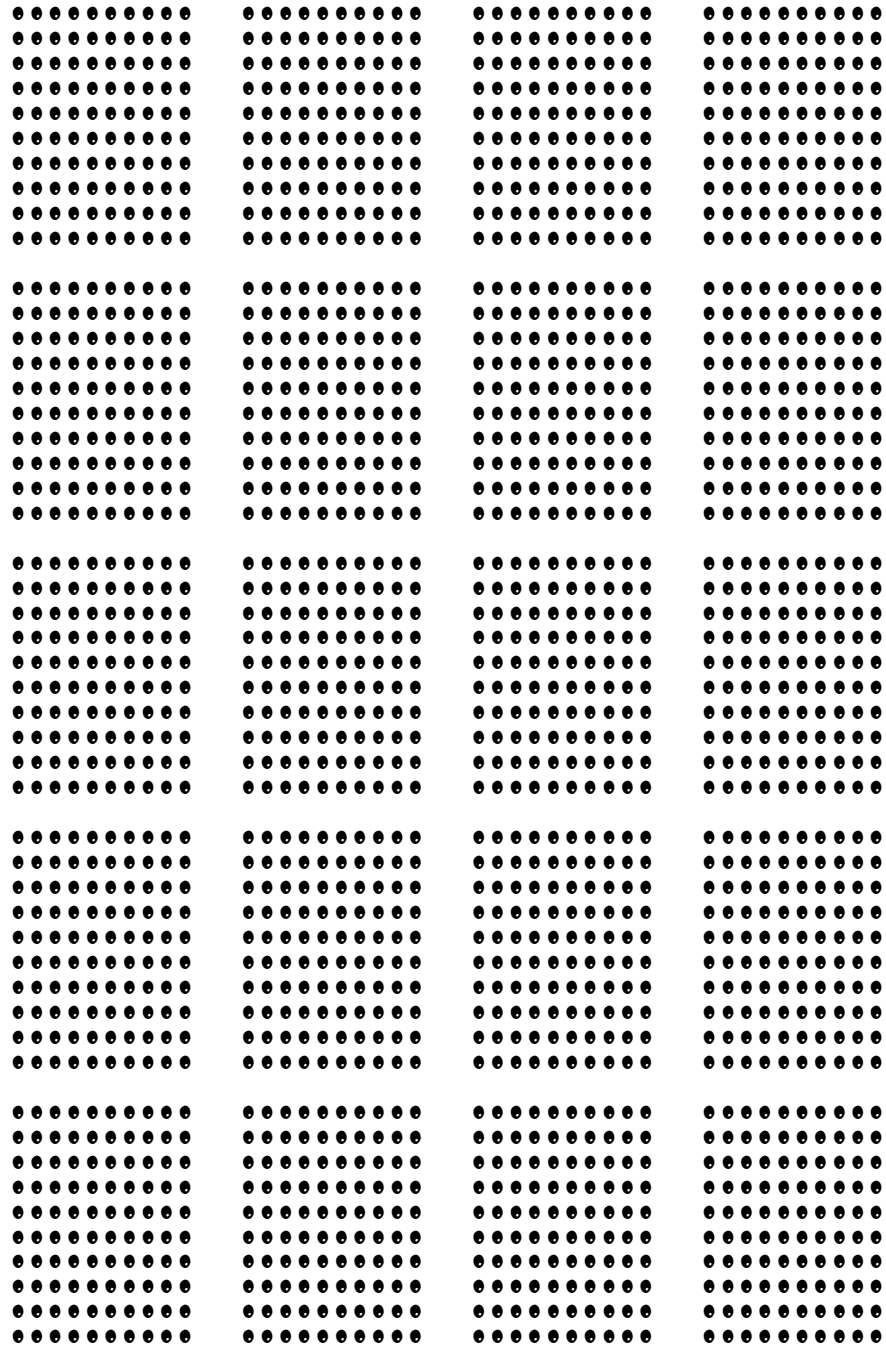
Religion is
like masturbation.
It should be enjoyed
to the full extent of the law
in the privacy
of your own home.



At least
consider the possibility
that your worst day
may be better
than the best day
of someone else's
entire life.

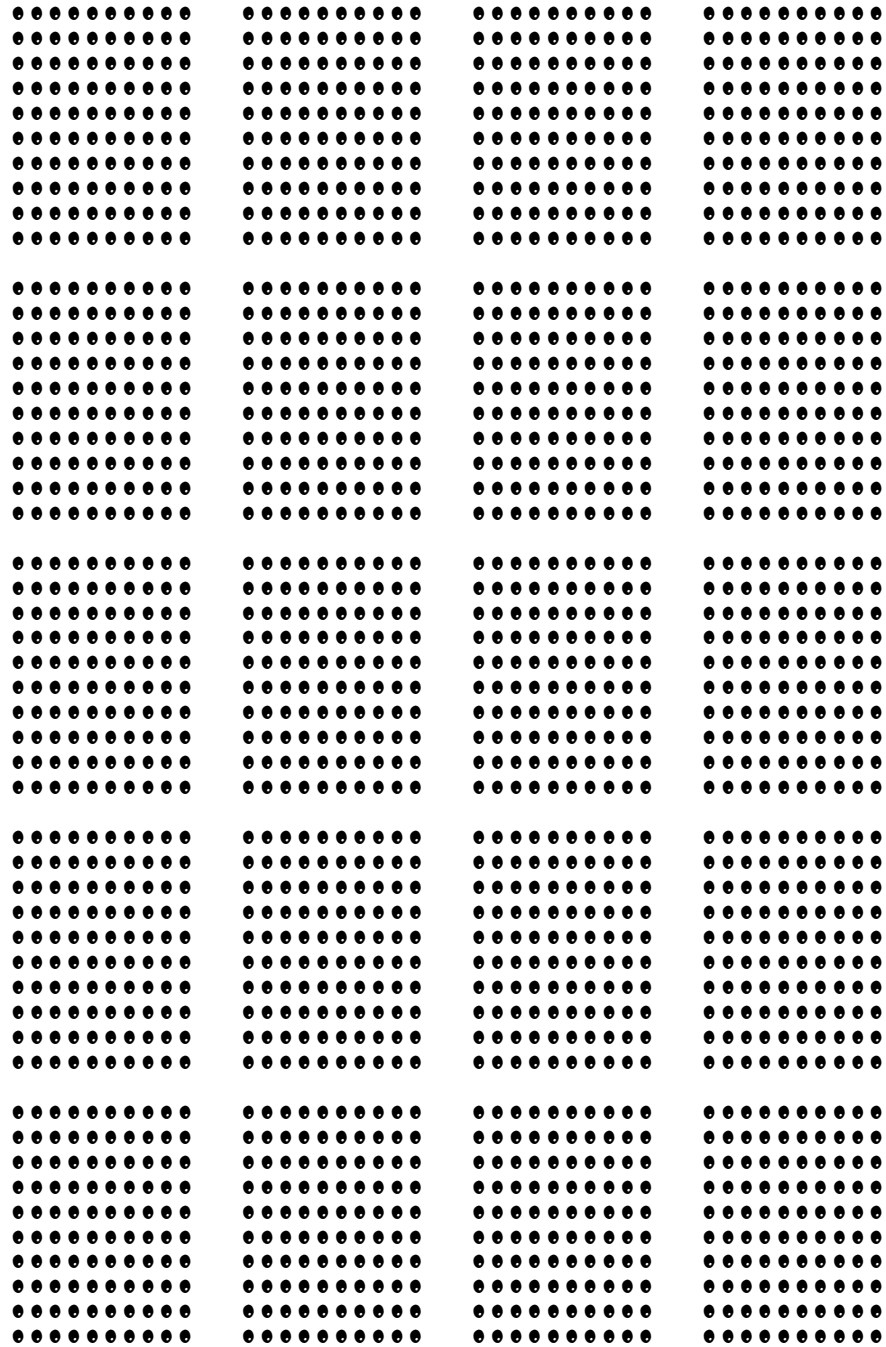


In the end
you can not blame
religion for anything.
You can only blame
those foolish enough
to use it against
one another.



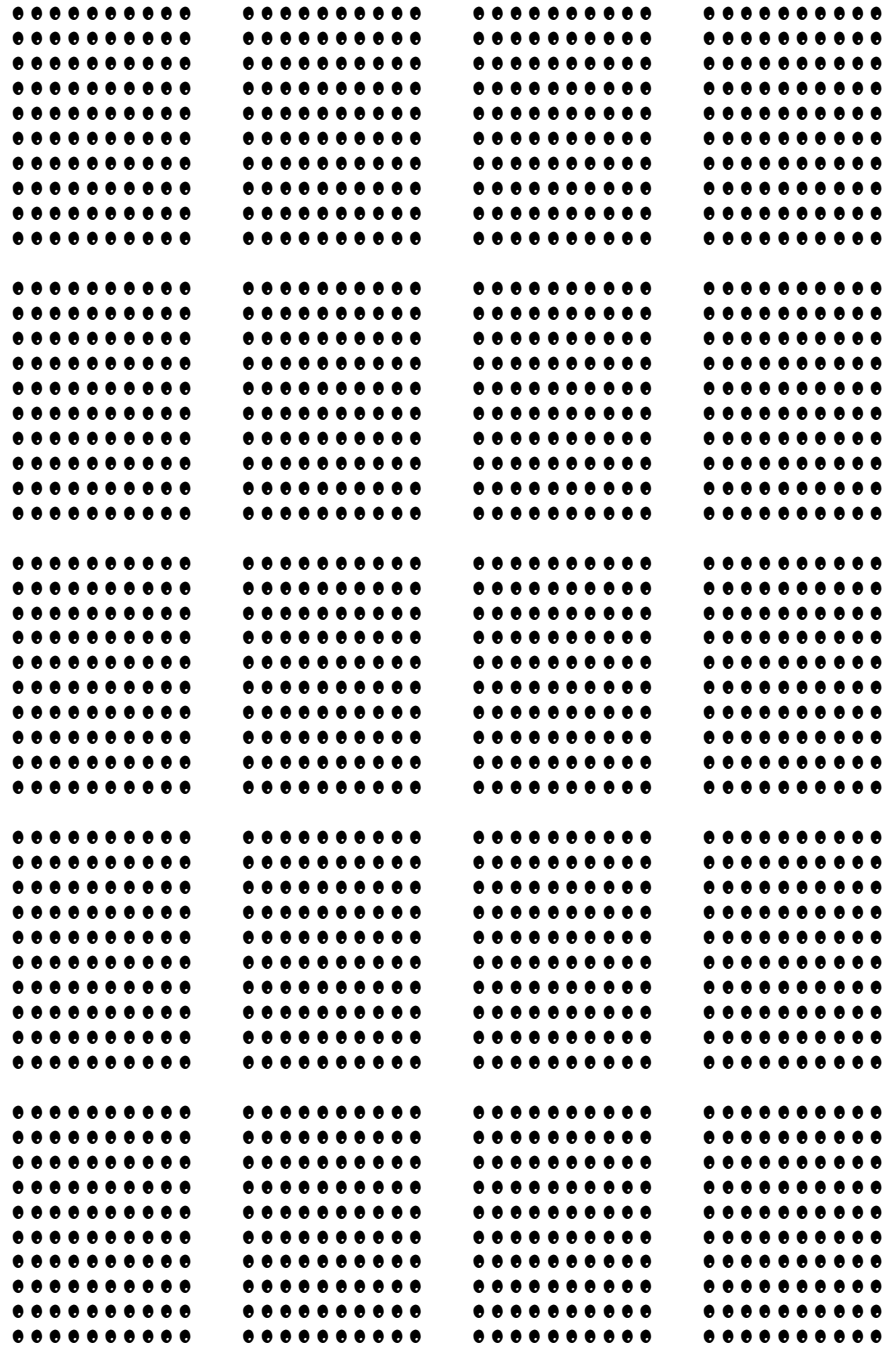
The taming of man's
inhumanity to man
is a slow
and uncertain
process.

- The Age of Madness
Thomas Szasz, M.D.

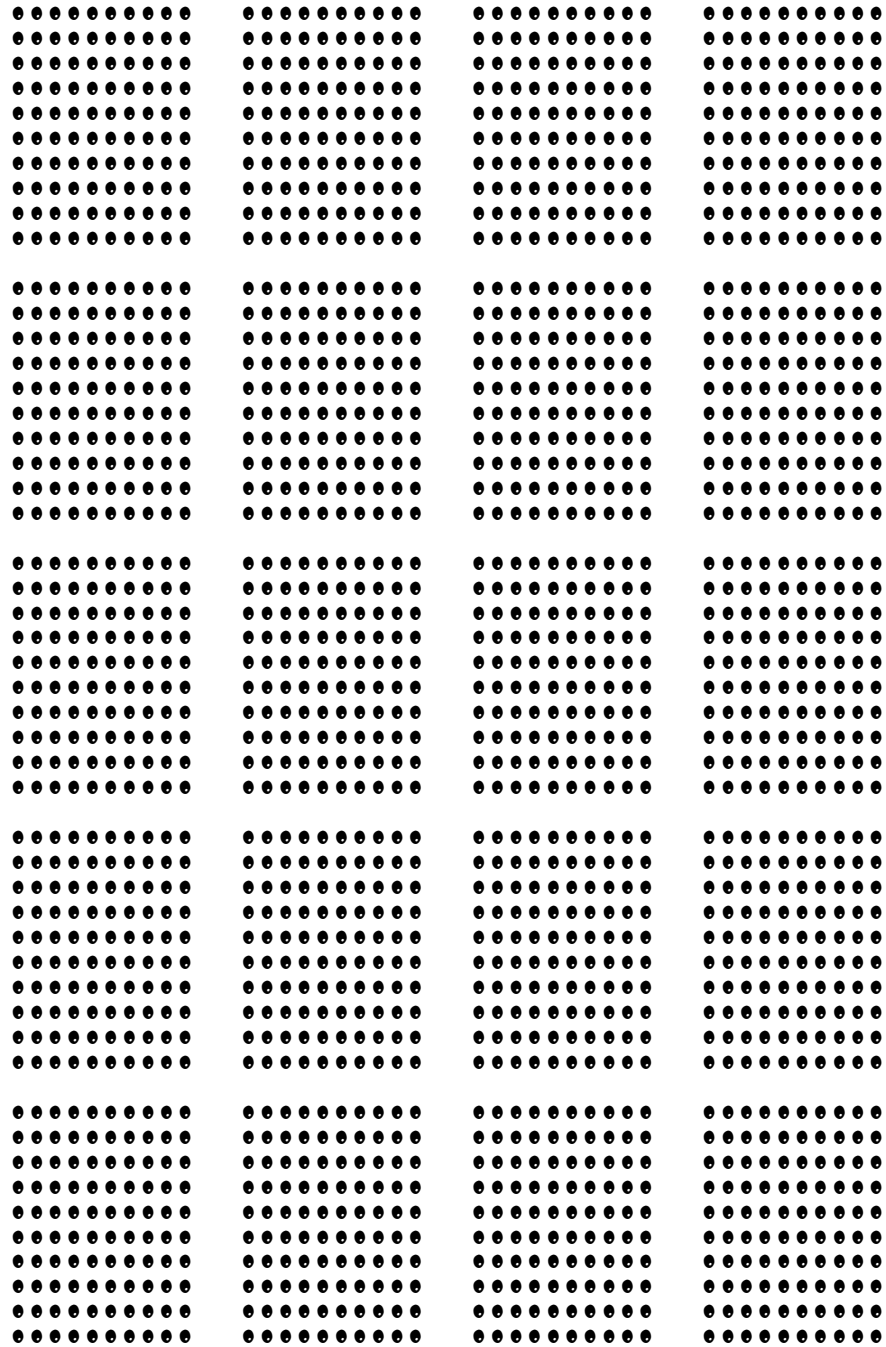


There's only
one thing worse than
being talked about,
and that's not
being talked about.

- Oscar Wilde



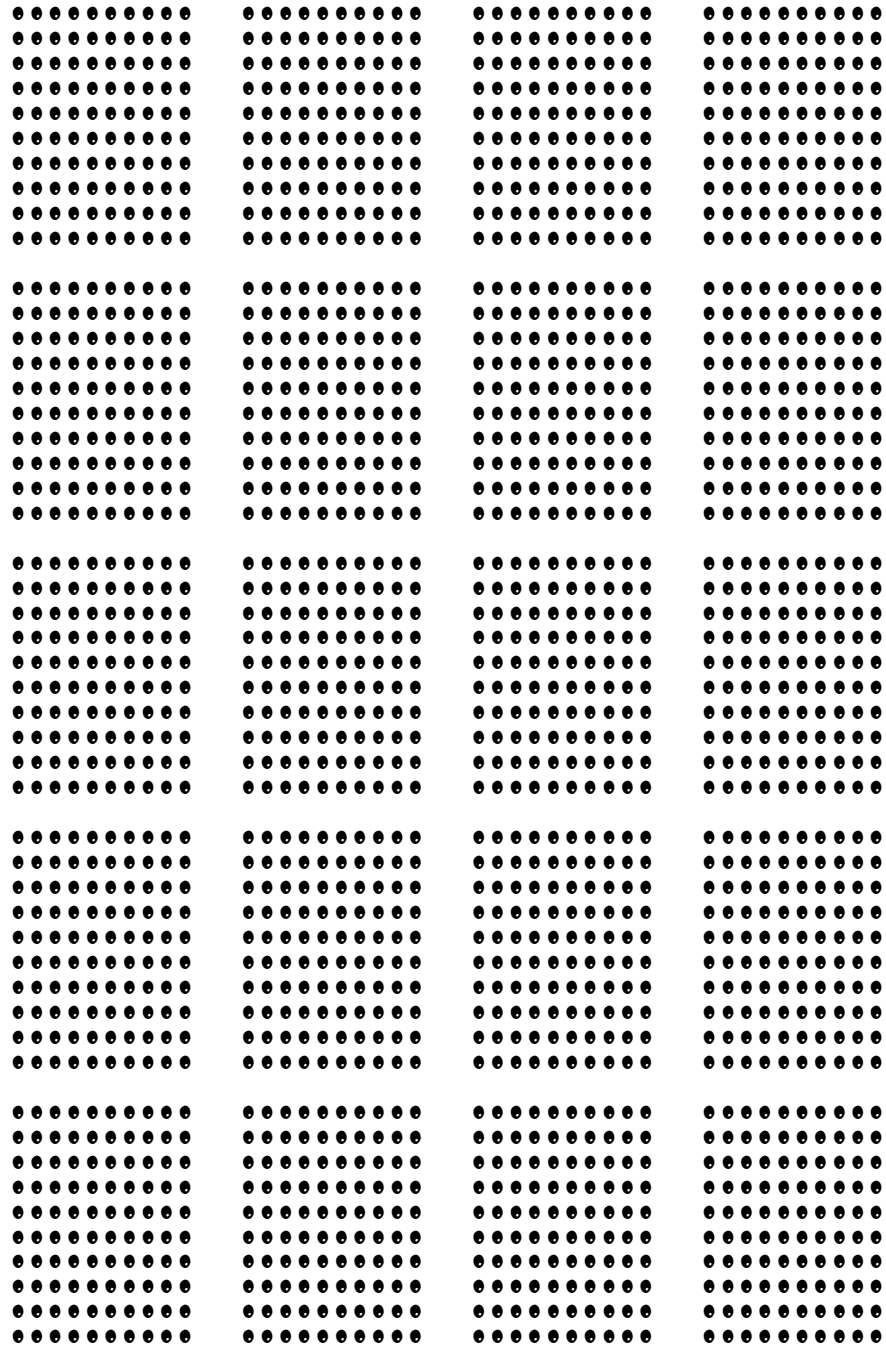
Who is lonelier:
the person alone
all by themselves in the desert,
or the person surrounded
by millions of people
they do not know?



If you think
you're indispensable,
check your schedule
two weeks after you're dead.

- Kill as Few Patients as Possible

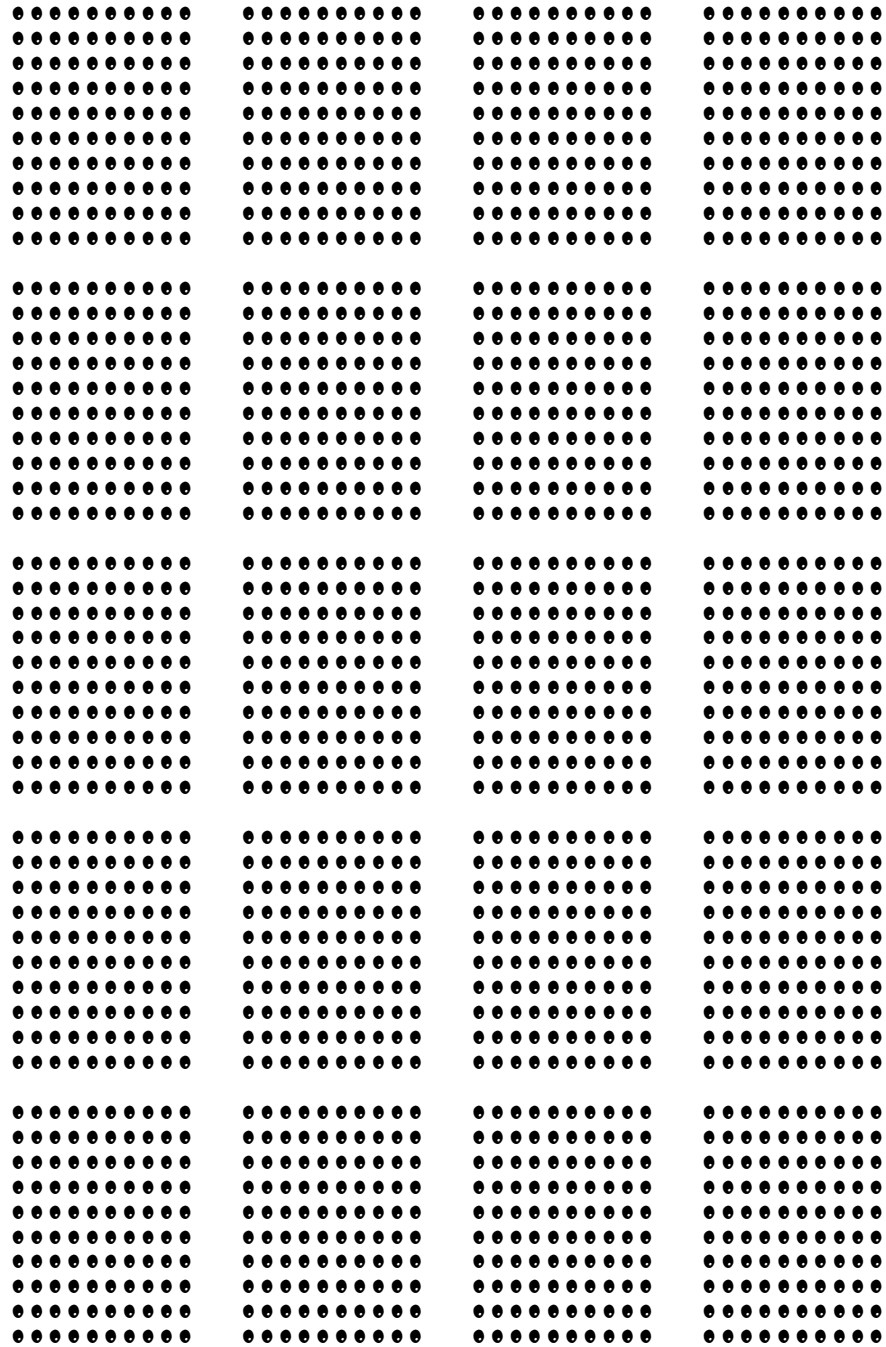
Oscar London, M.D., W.B.D.



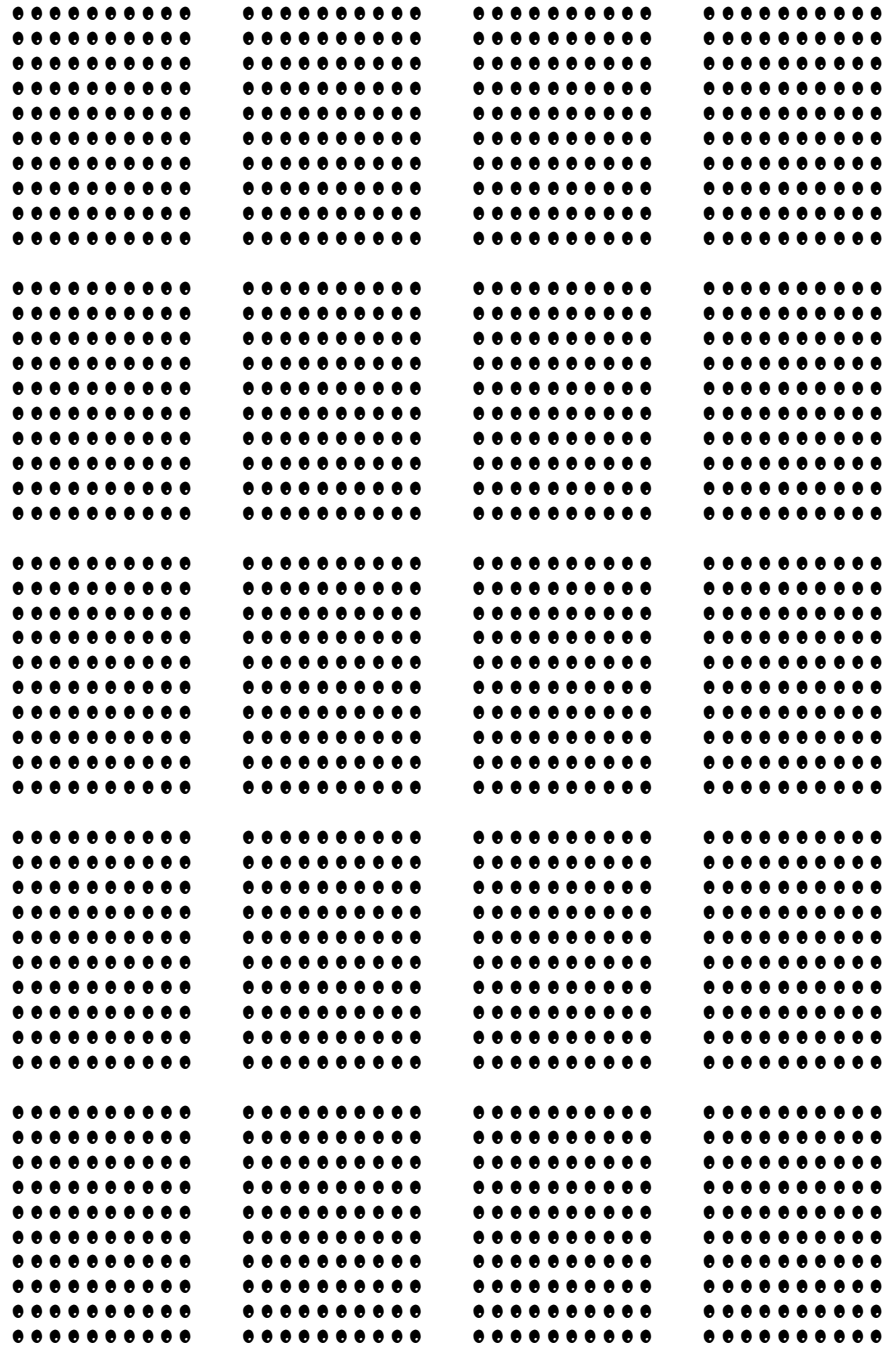
Self-centeredness

lies at the heart

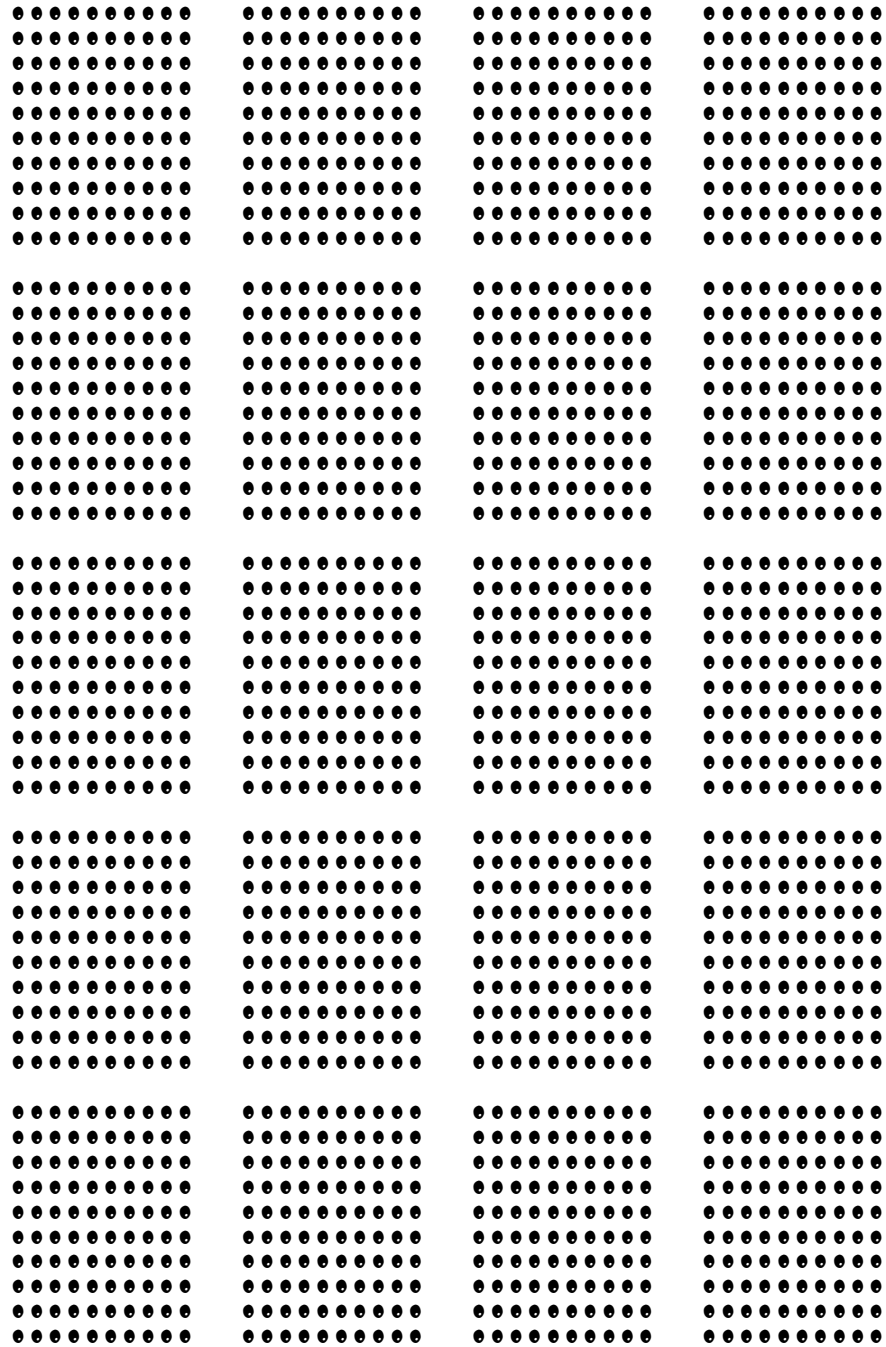
of all black holes.



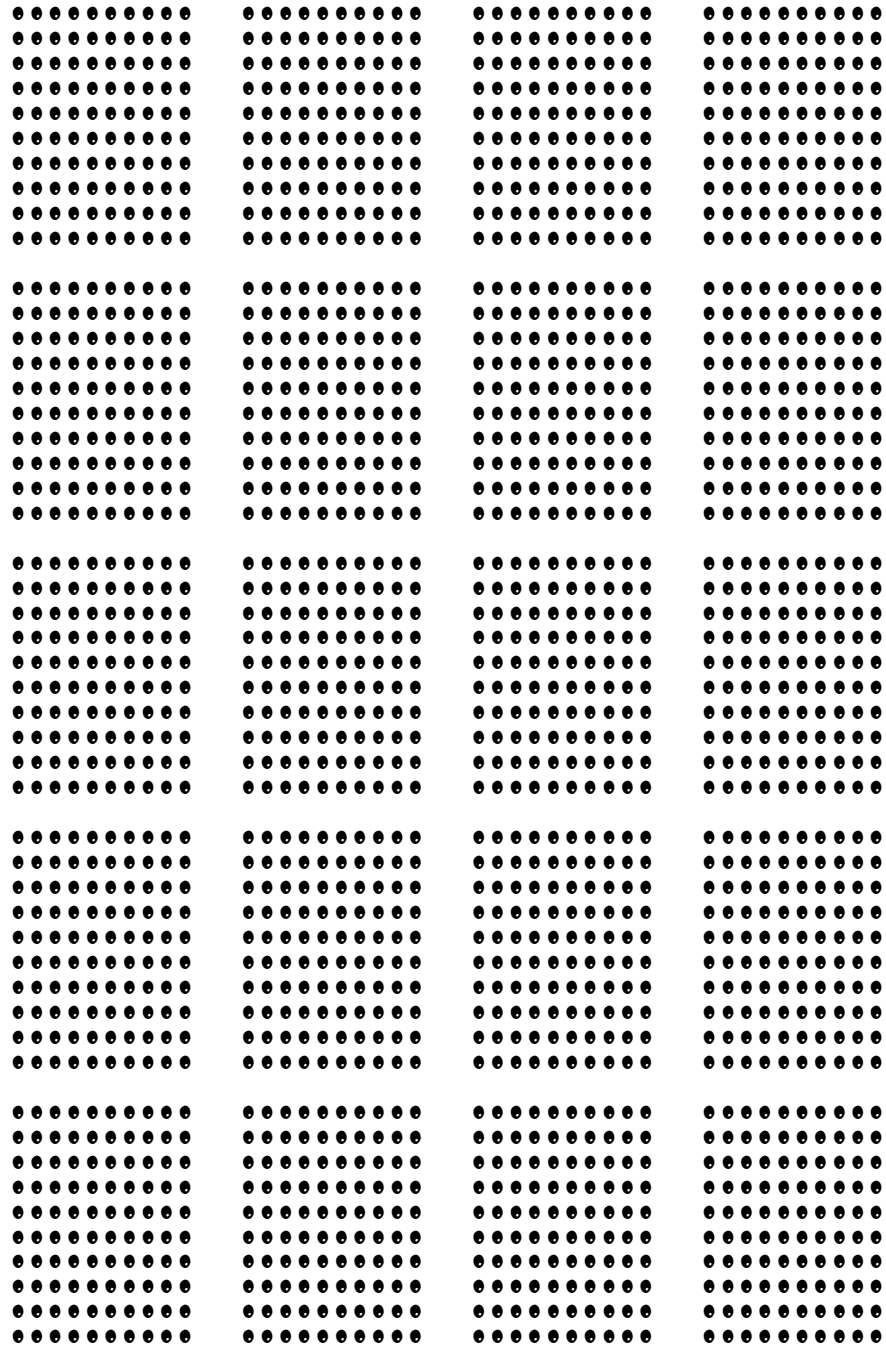
You can not
alter the past.
You can only
repair the future.



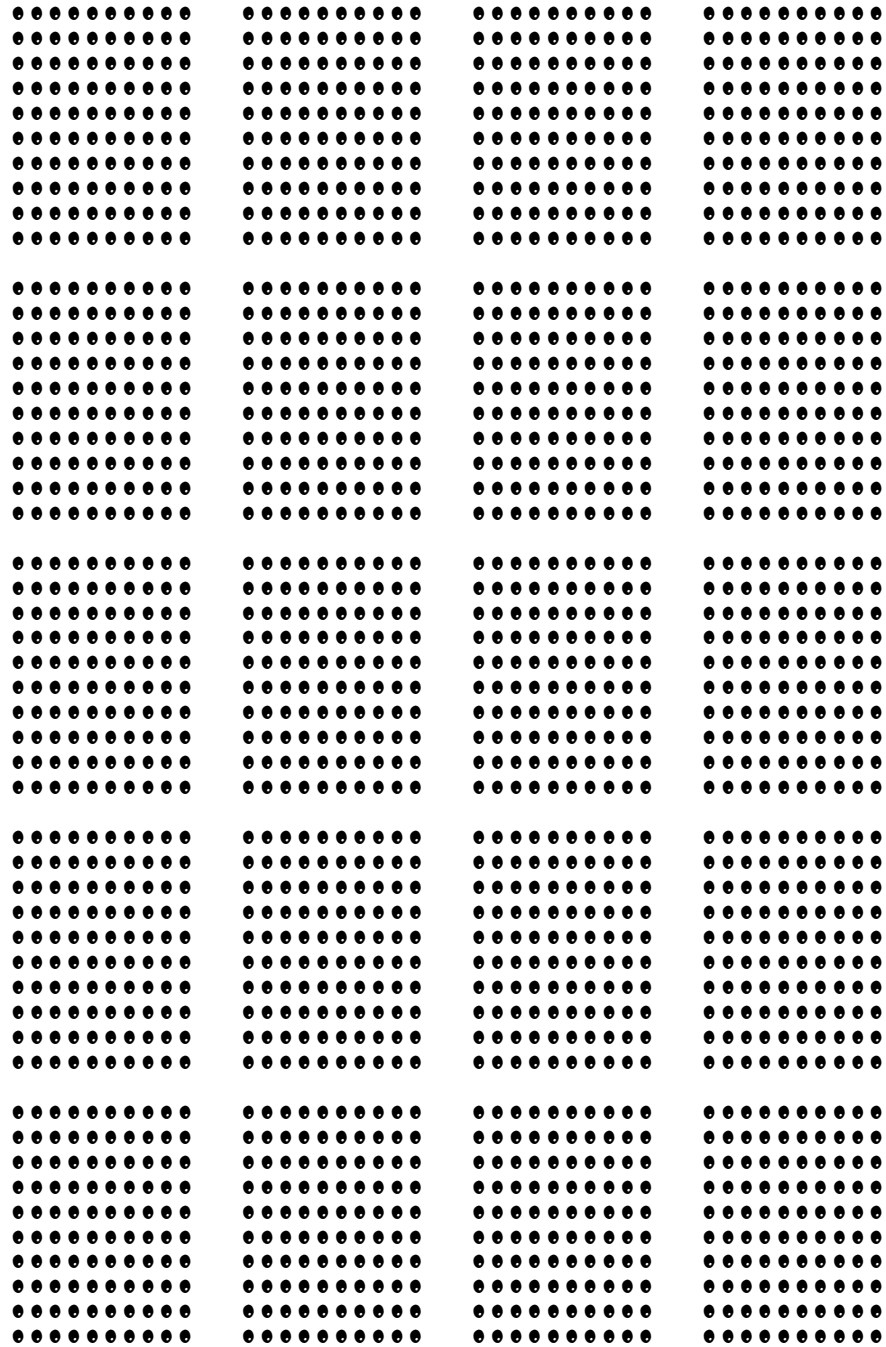
No one
gets out of second grade
without baggage.



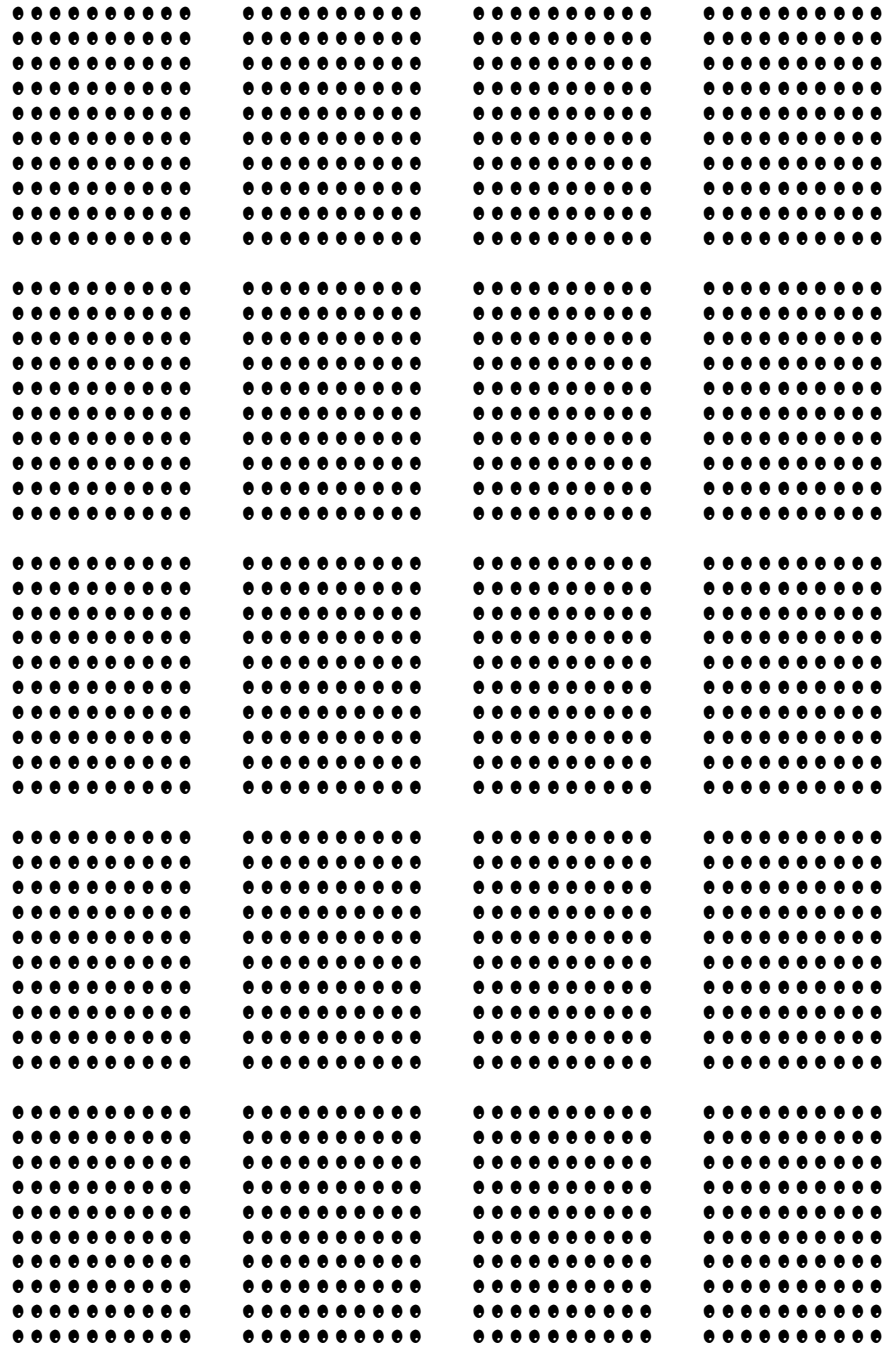
If you believe in god,
then you owe a great debt.
If you don't believe in god,
then you own a great doubt.



It is when you are
one hundred percent certain
that you are most likely
one hundred percent wrong.

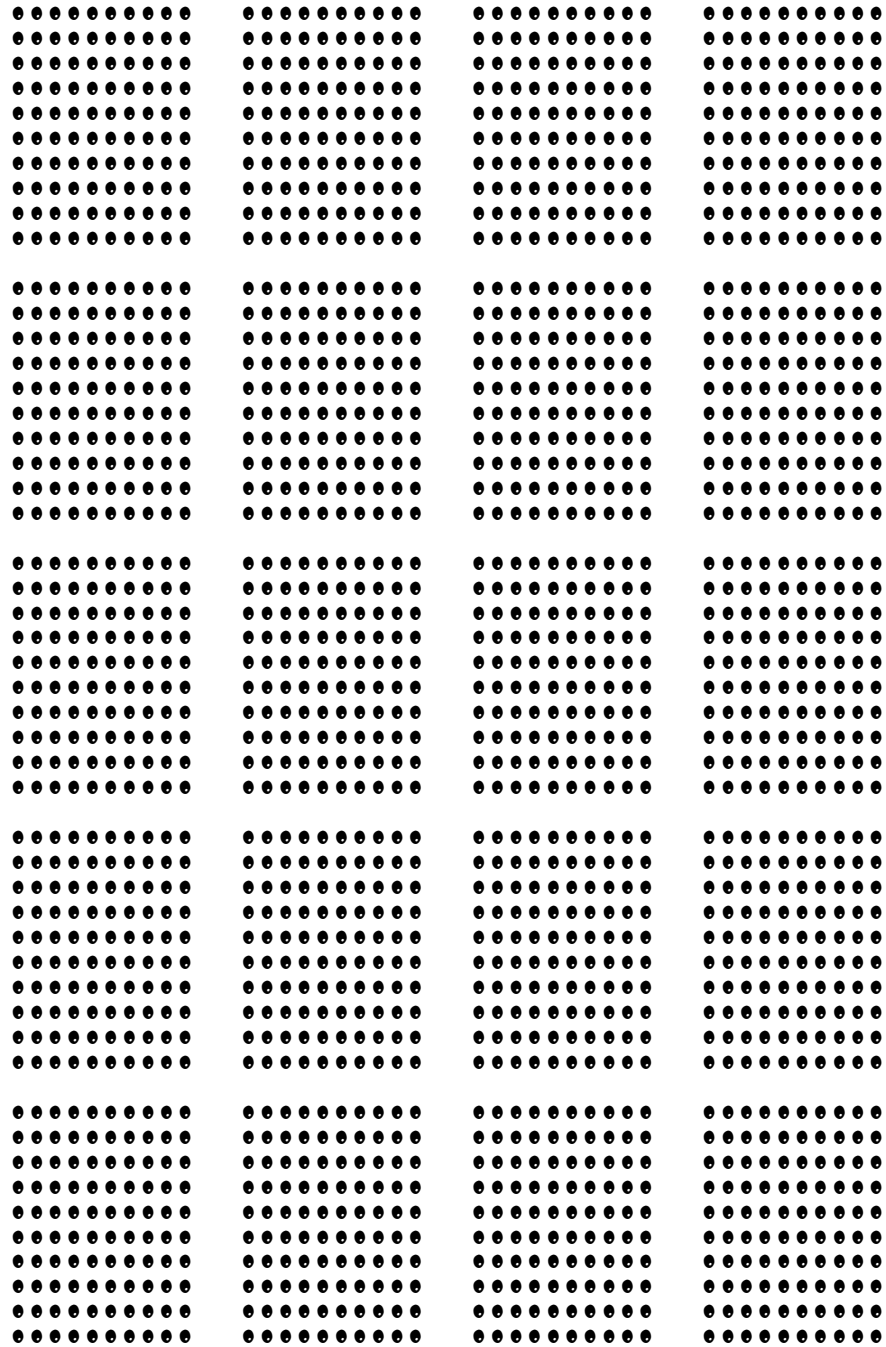


Though you may feel like
the center of the universe,
you are only really
the center of your soul.



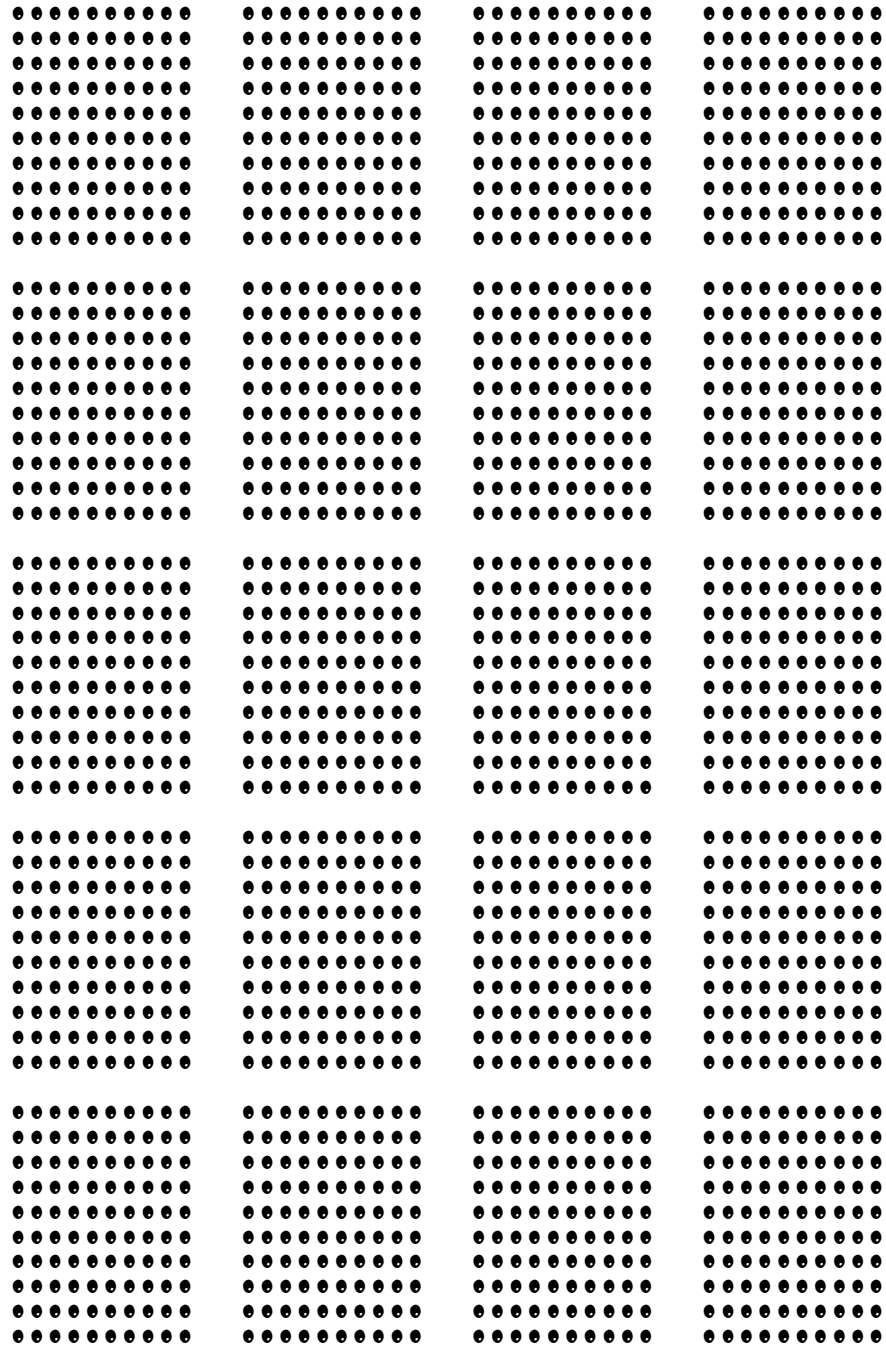
Luck is what happens
when preparation
meets opportunity.

- Seneca Roman
5 BC - 65 AD

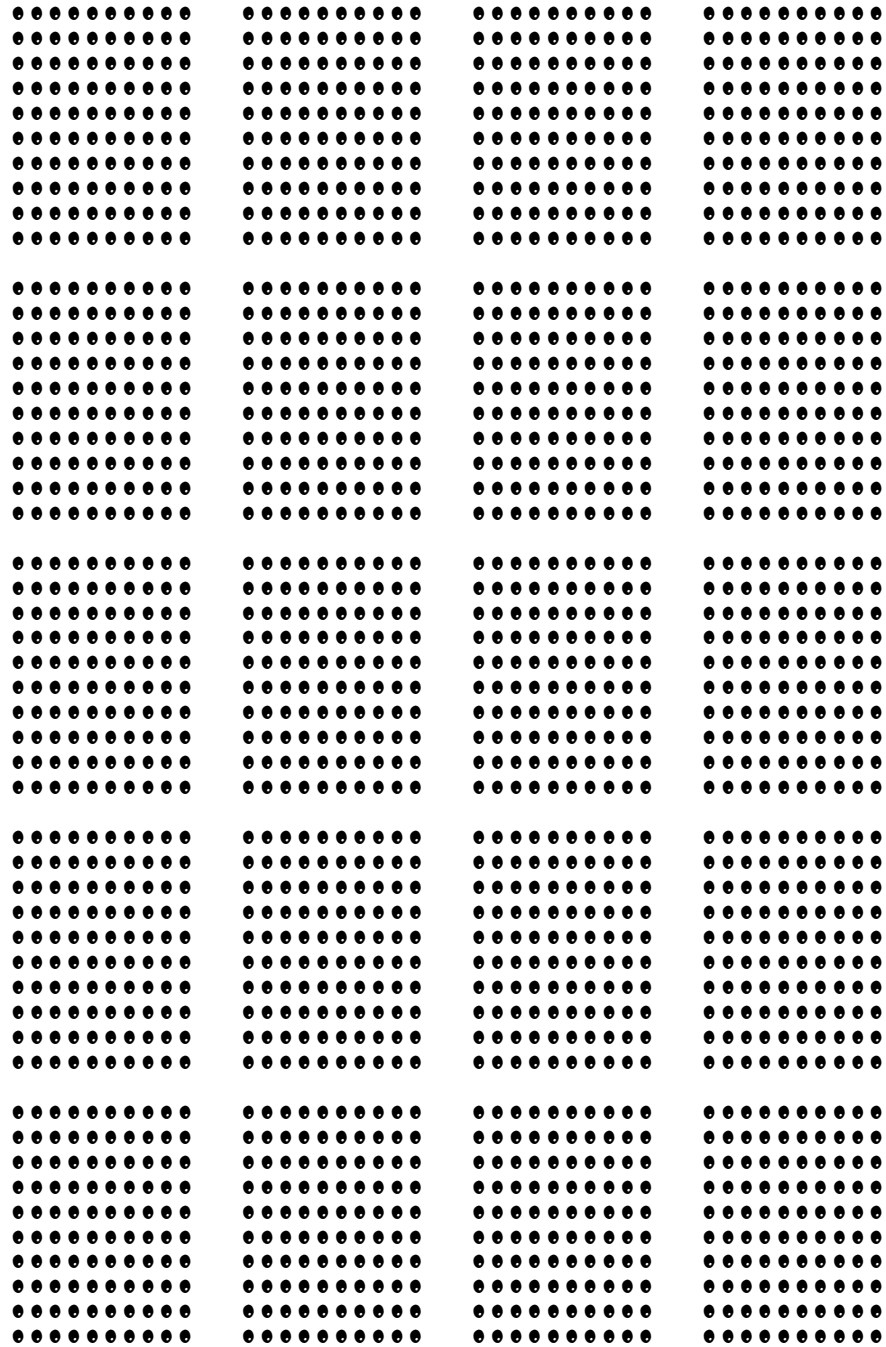


Those who conquer persevere.

- Anonymous



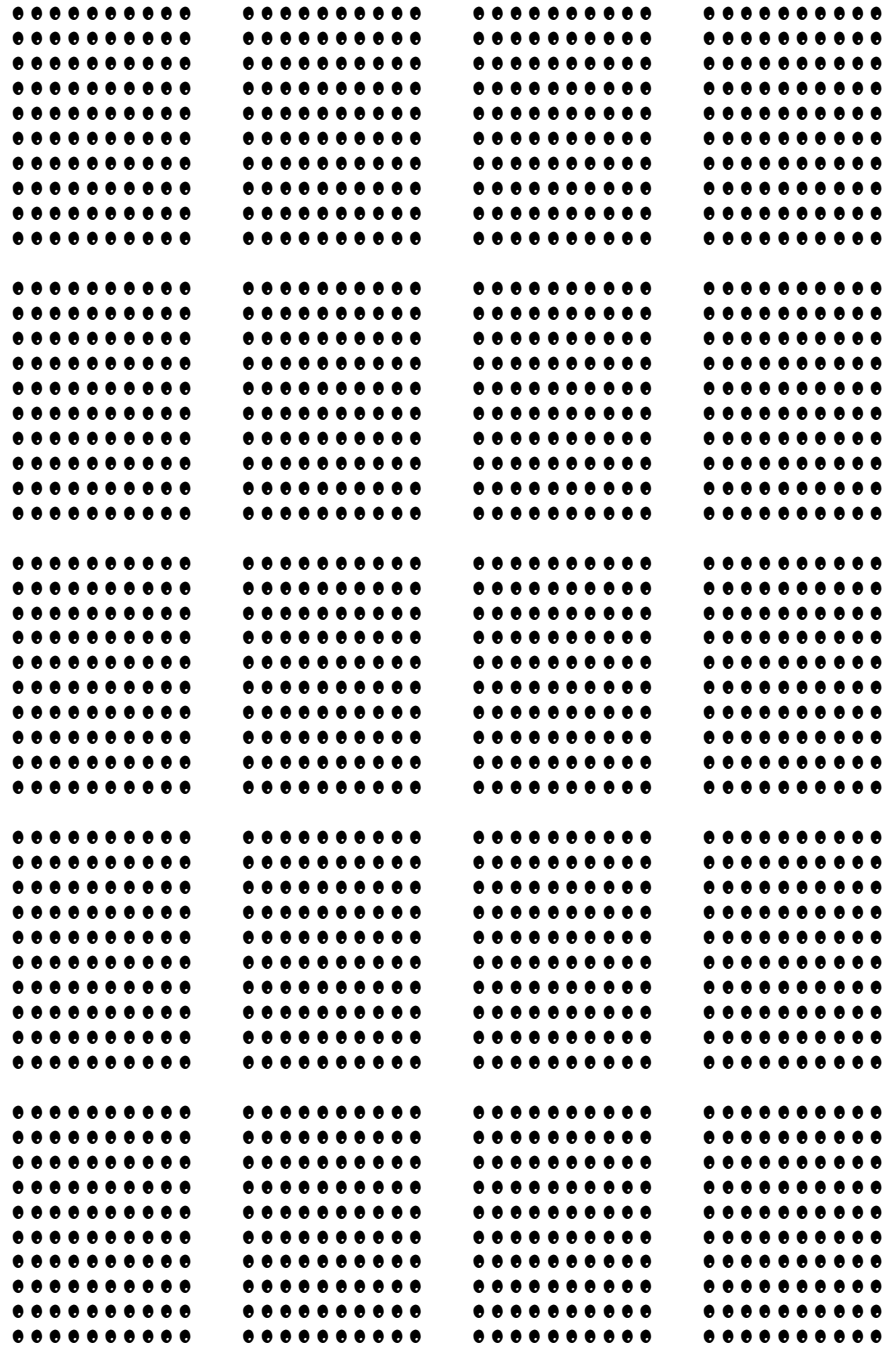
In history,
ownership is an illusion,
experience is fleeting,
and only change endures.



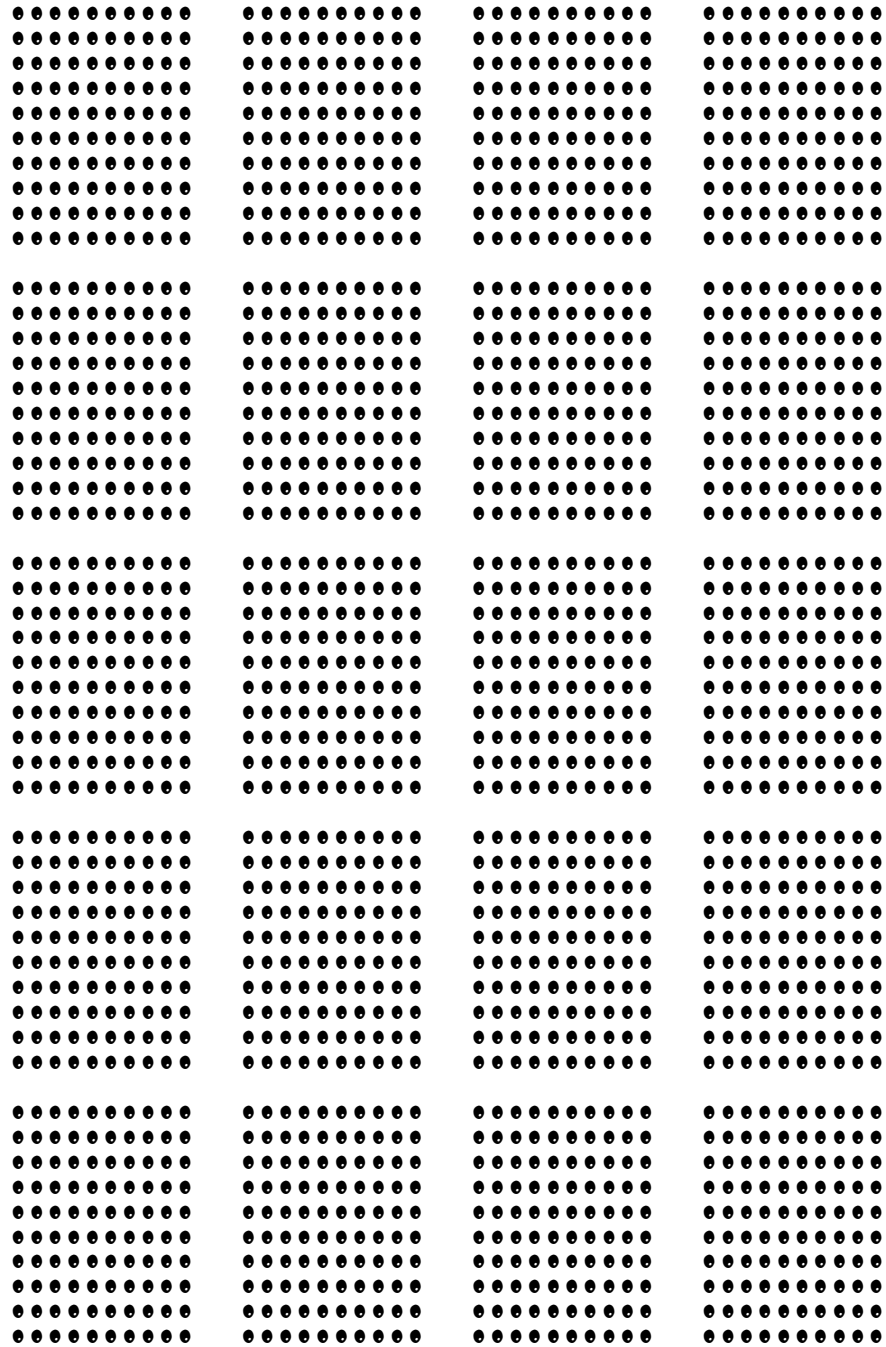
Take kindly
to the counsel of years,
gently surrendering
the things of youth.

- Desiderata

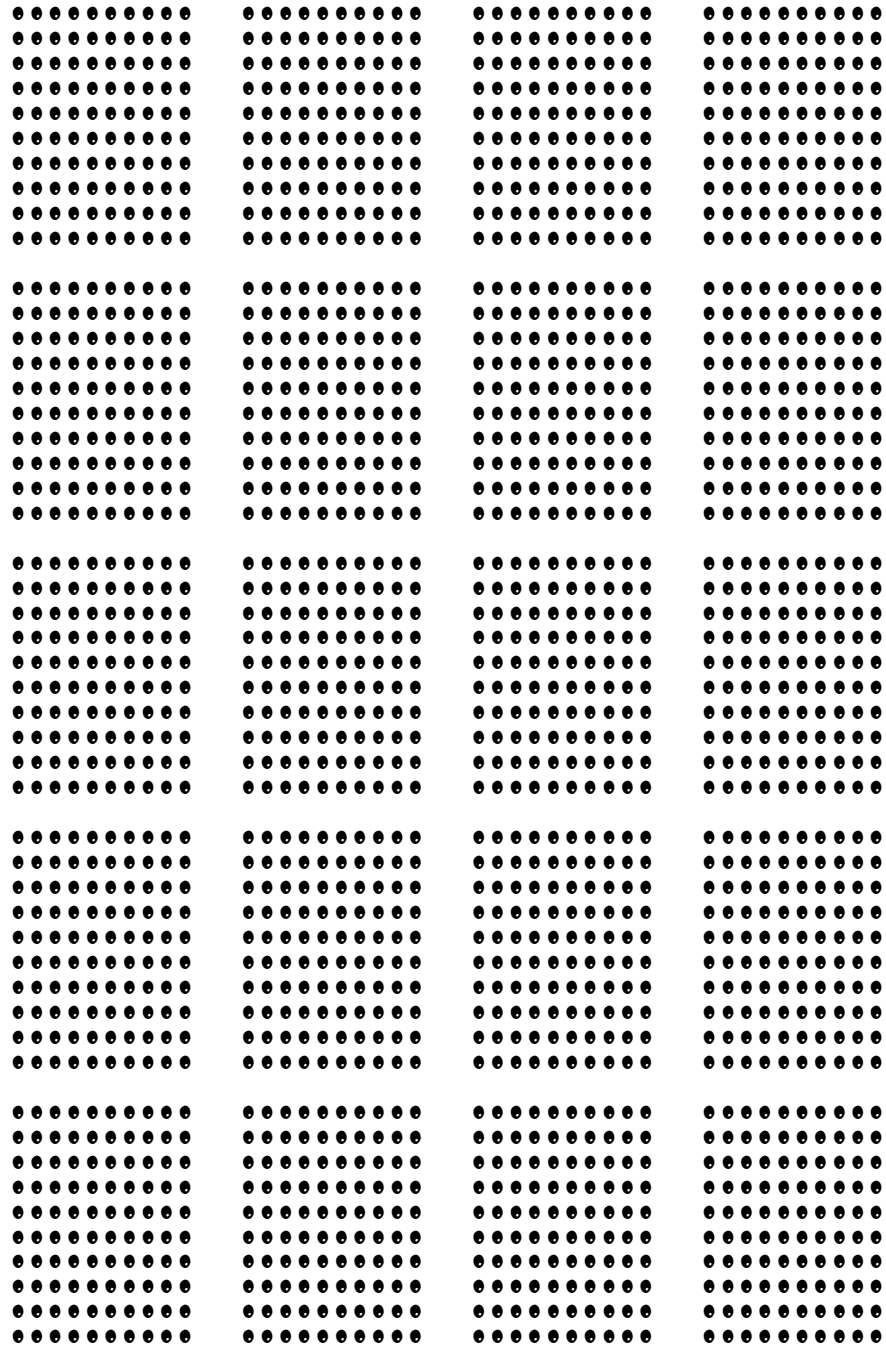
Max Ehrmann, 1872-1945



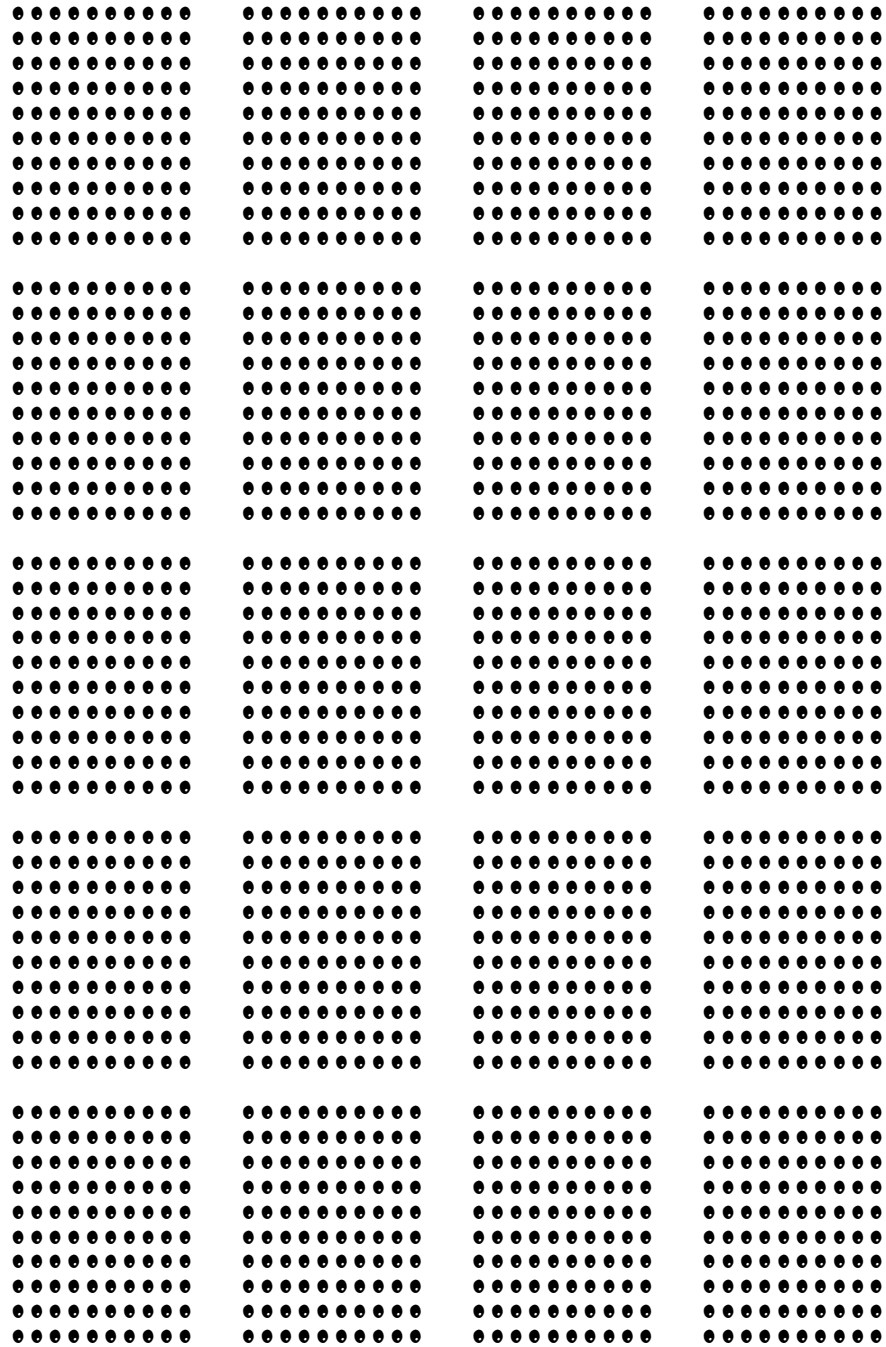
Cruelty produces
karmic bankruptcy,
yet kindness provides
karmic cleansing.



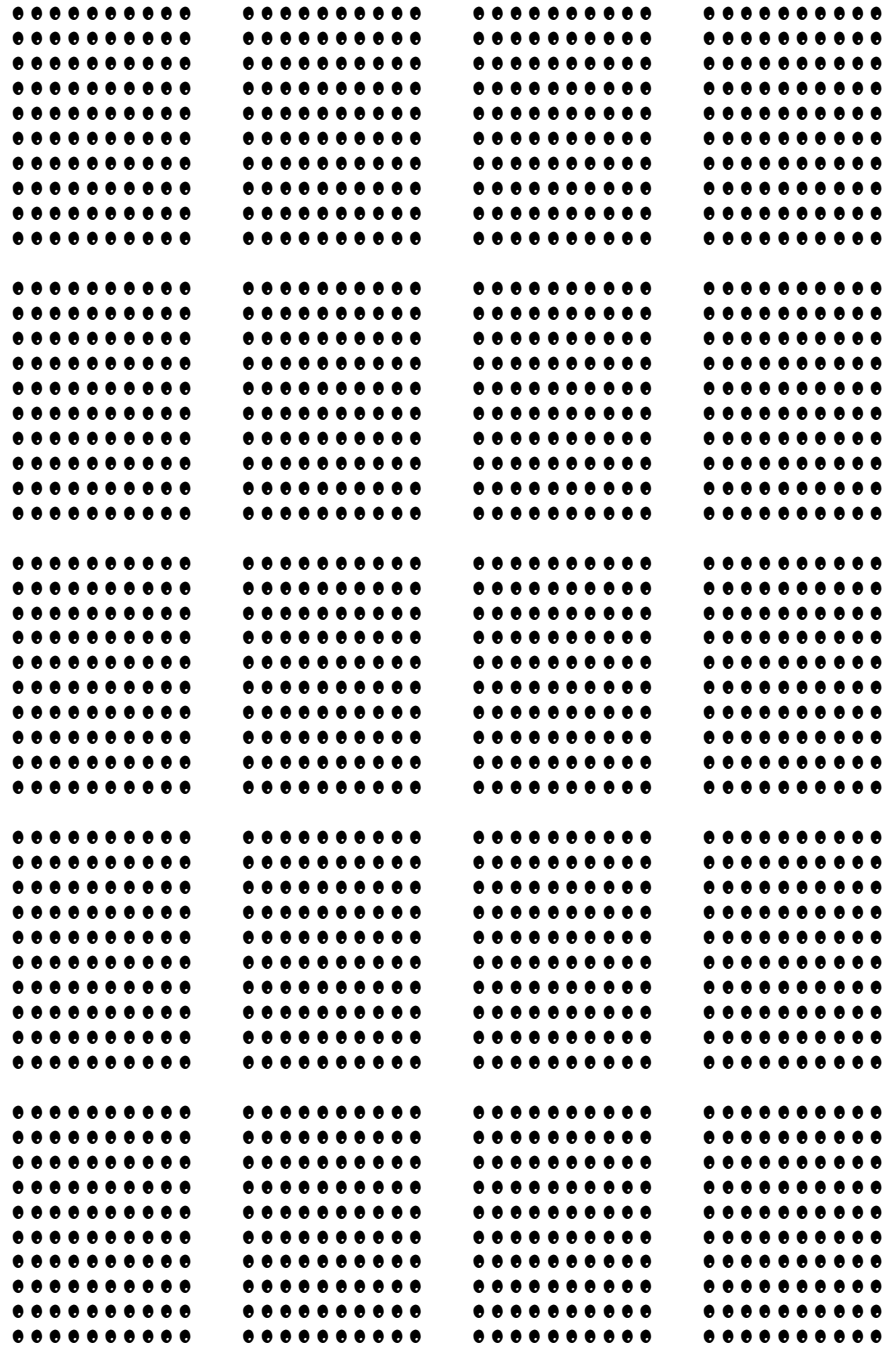
A good life
is not lived
as much as
it is practiced.



Only death
can prove that
you are mortal.

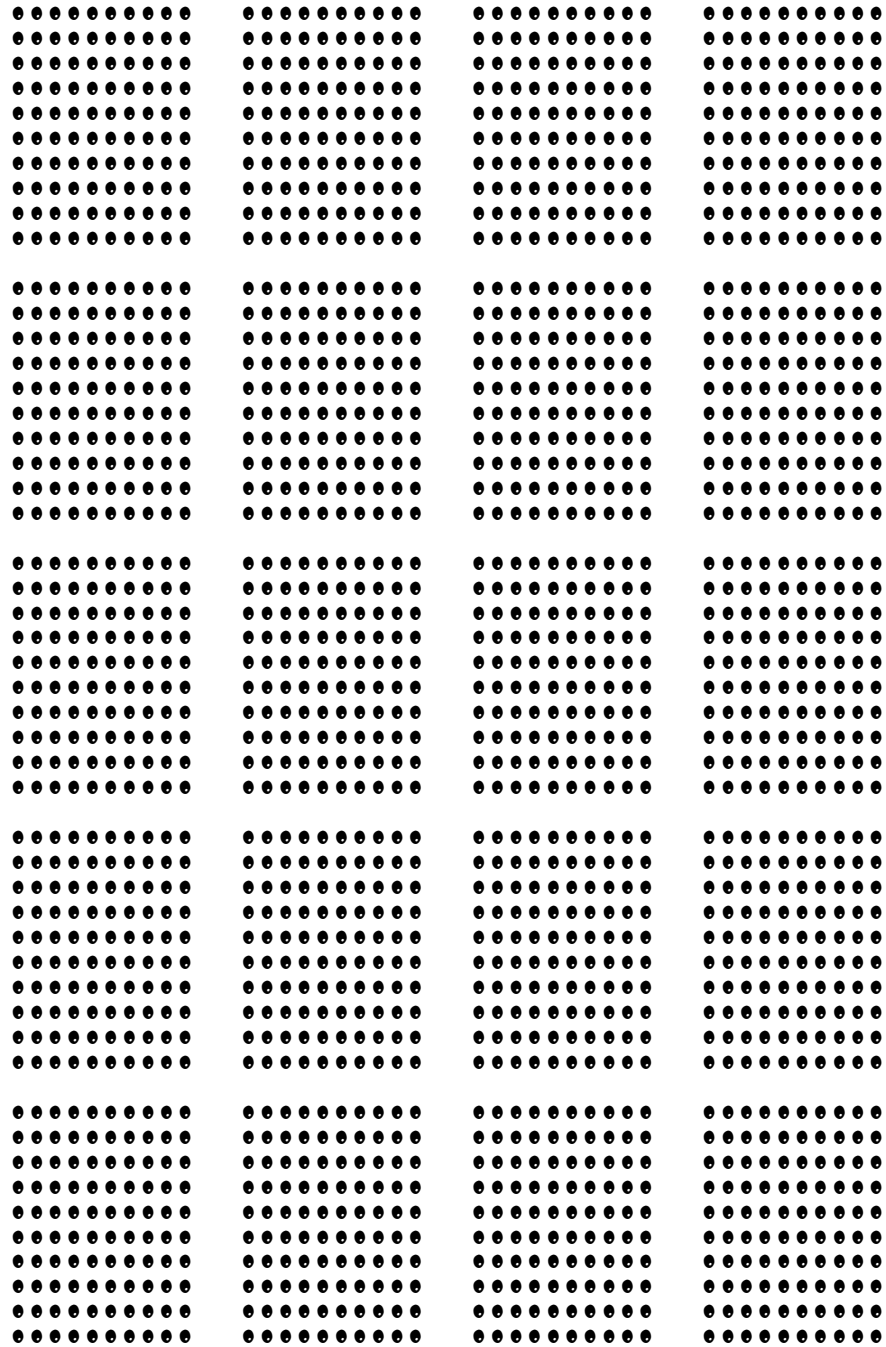


Throughout life,
try to retain
a childlike fascination
with the world
without bearing
a childish attitude
toward the world.



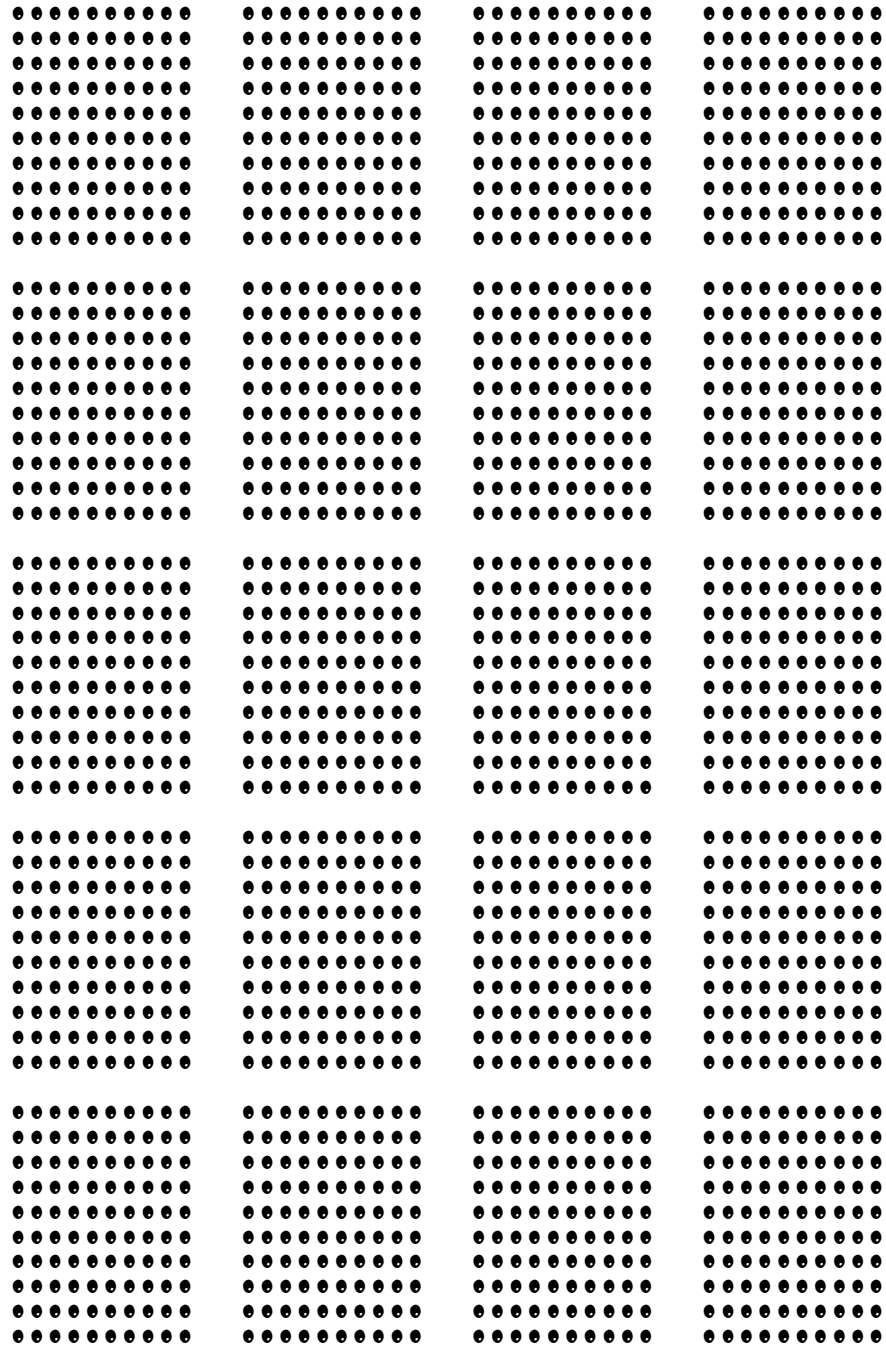
In time,
half of what
we think is right
may yet be proven
wrong.

The only question is
which half?

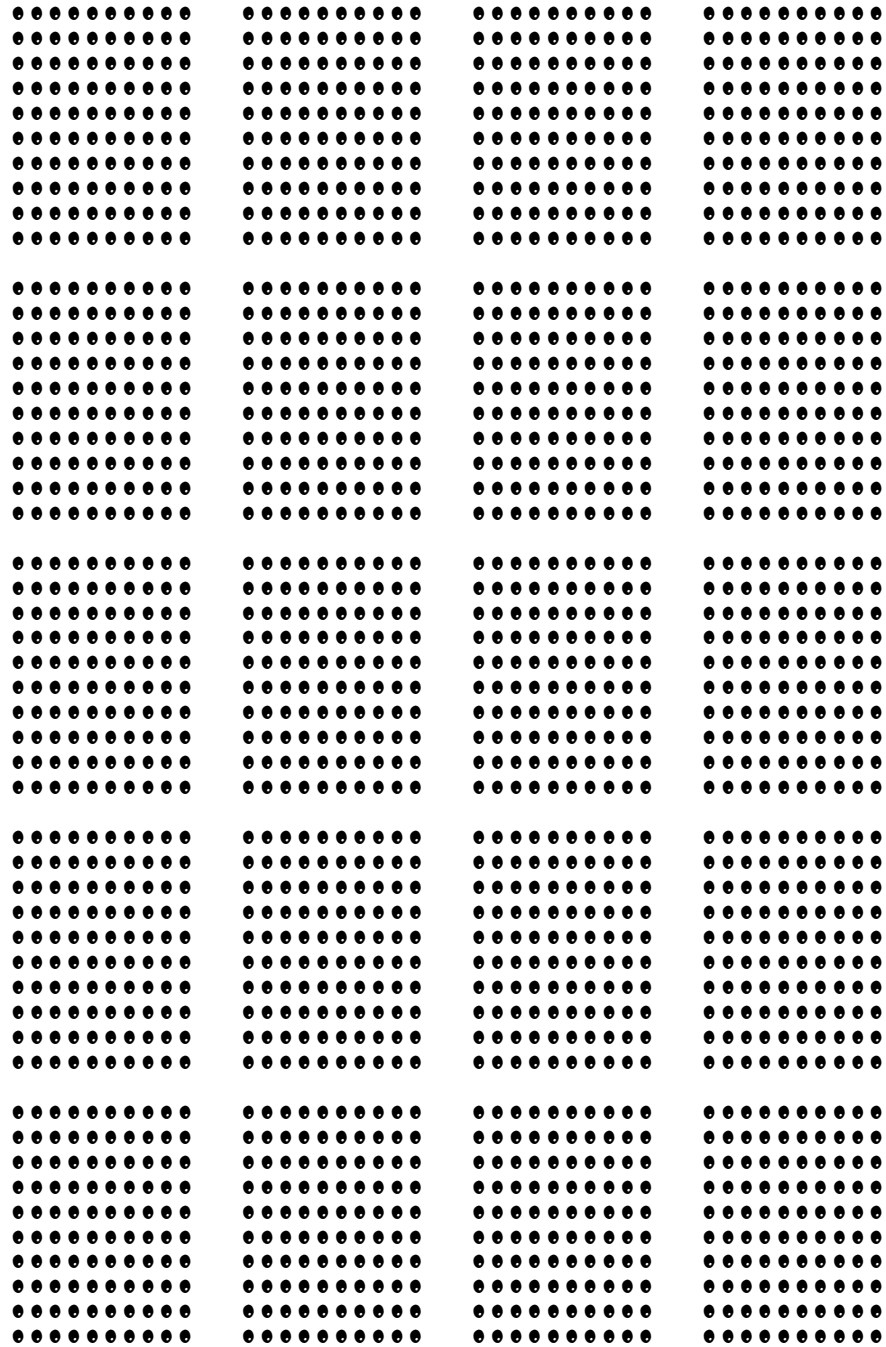


It doesn't matter if it takes
a day or a lifetime,
as long as you come to
realize your own truths.

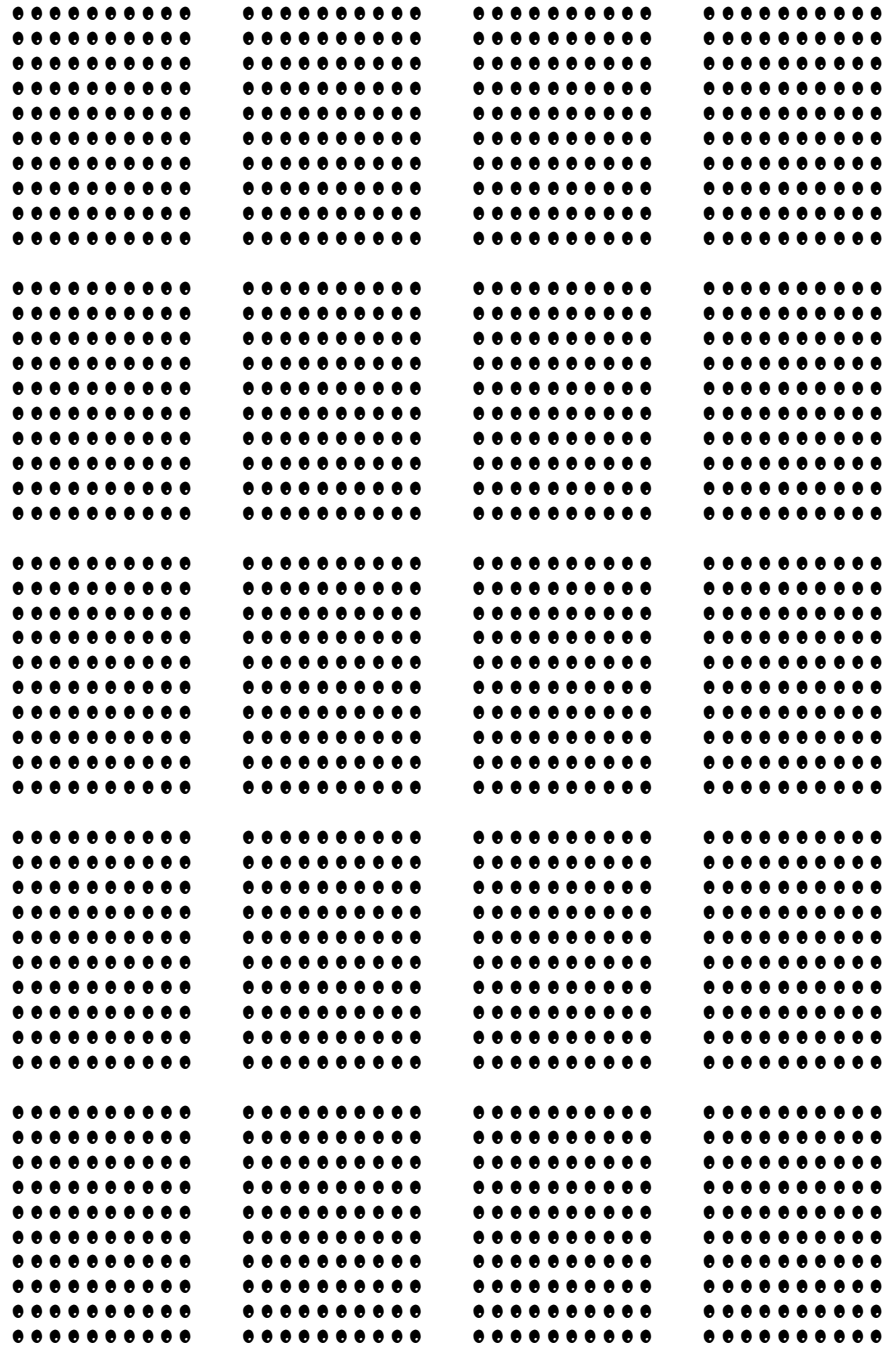
- Prabhava Dharma Rishi



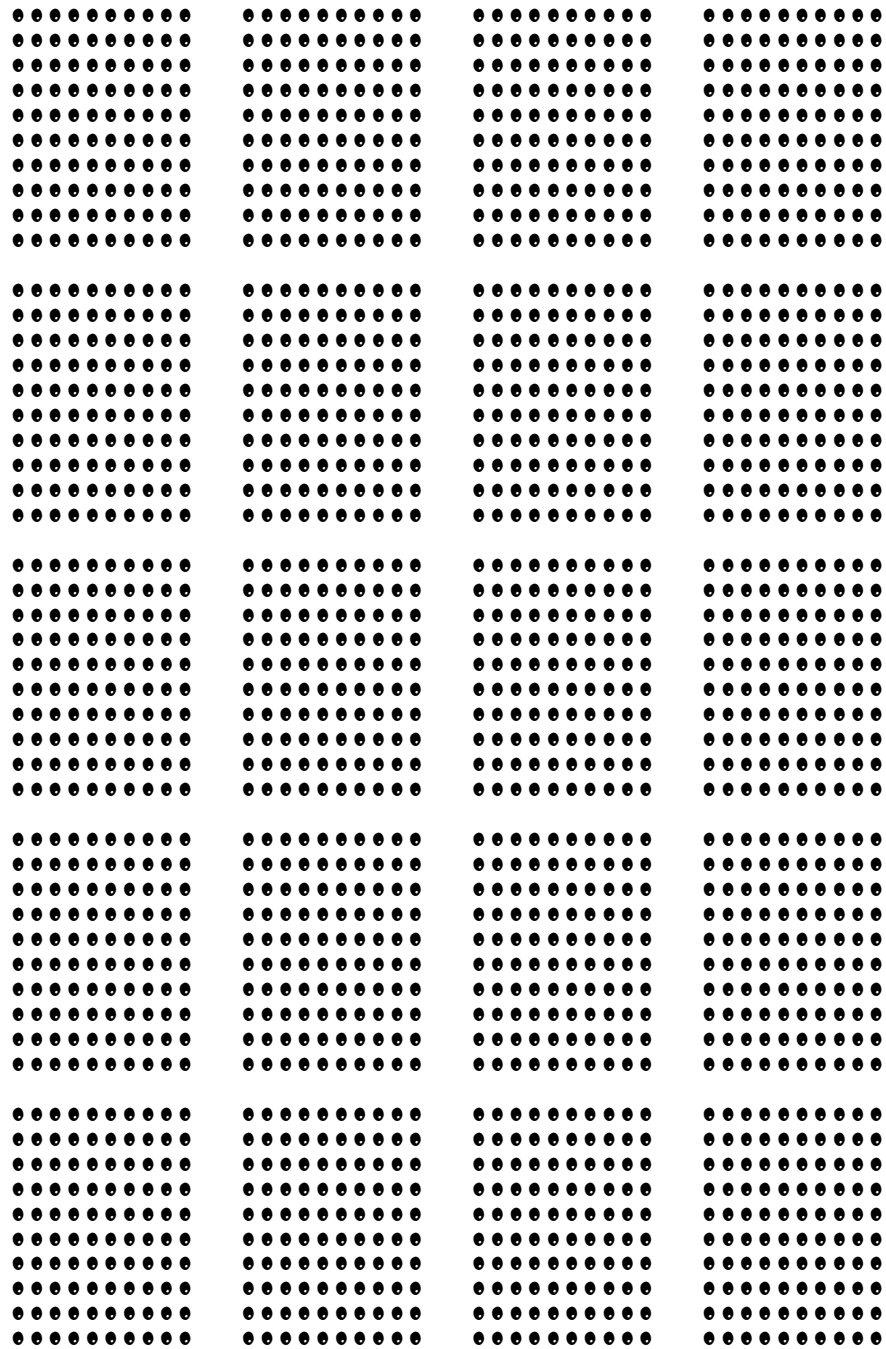
You need not worry whether
people like you or hate you,
unless of course
they hate you
for good reason.



Balanced moderation
defines a good life
as one having
slightly more joy than pain,
slightly more happiness than suffering,
but without excess
in any direction.

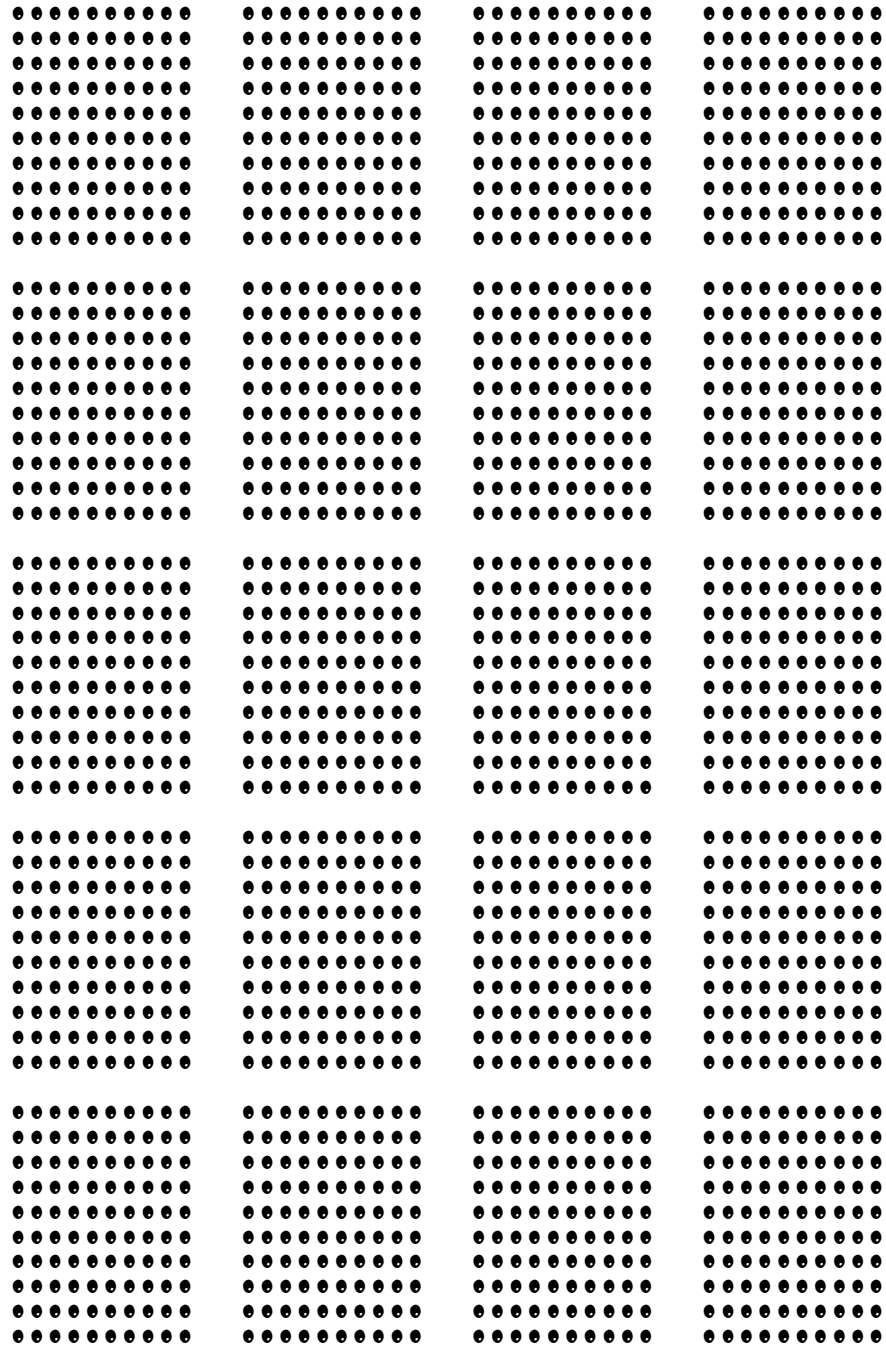


Mistakes are
a part of life,
so learn from them
and try not to make
the same ones twice.



People are not
uni-dimensional.

They are multifaceted
like diamonds.

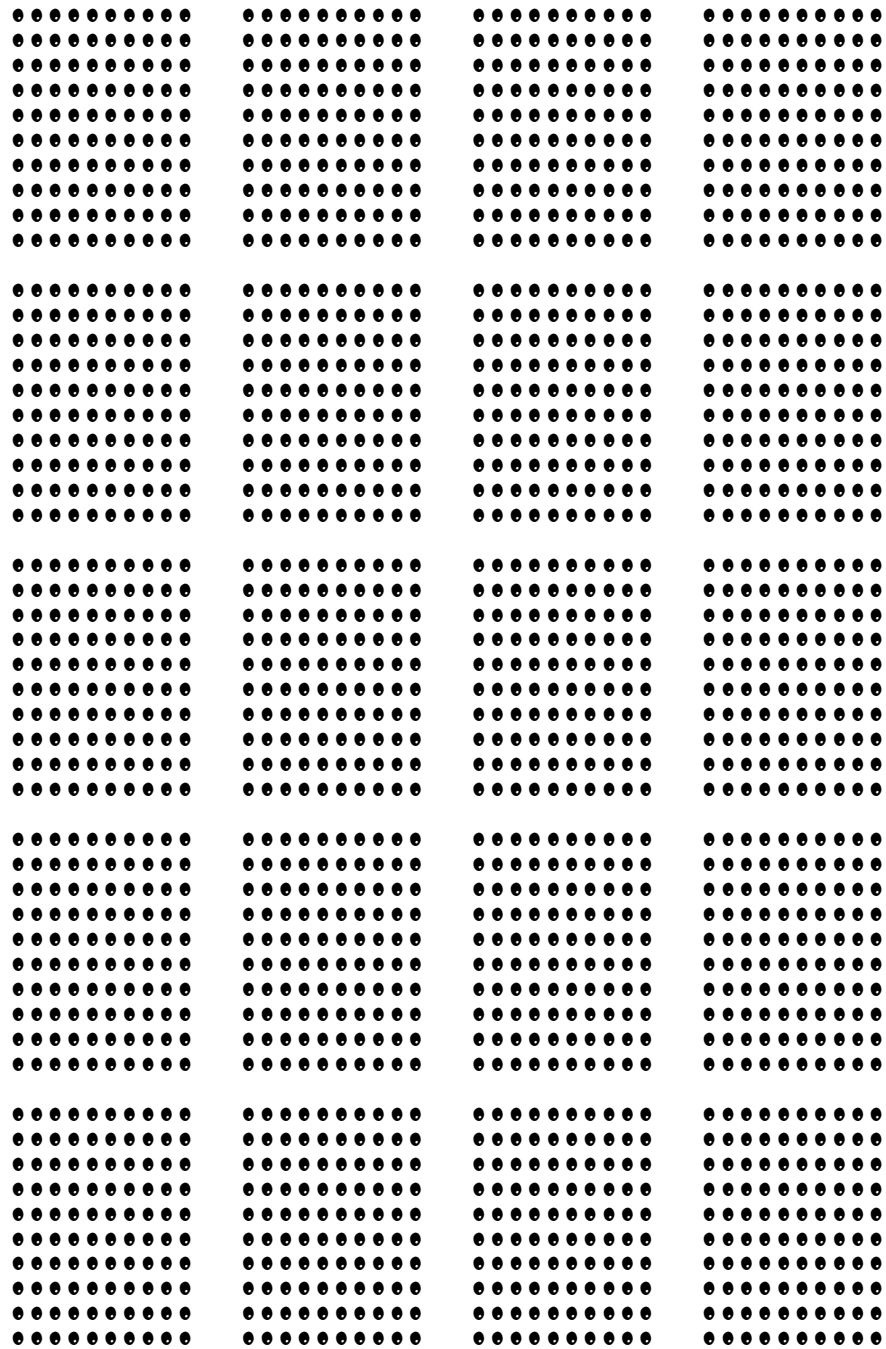


We are here to learn

what we can,

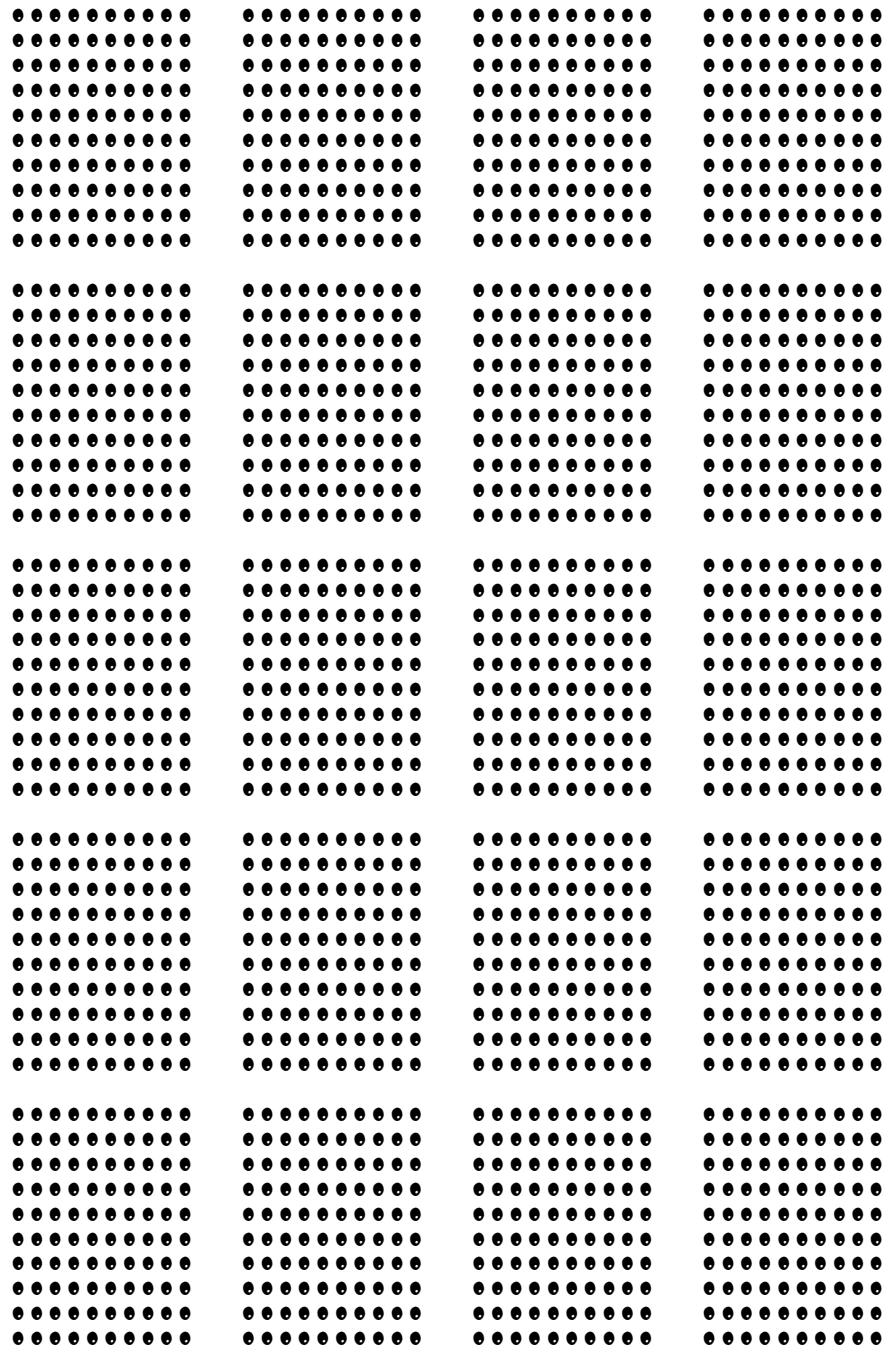
while we can,

before we leave.

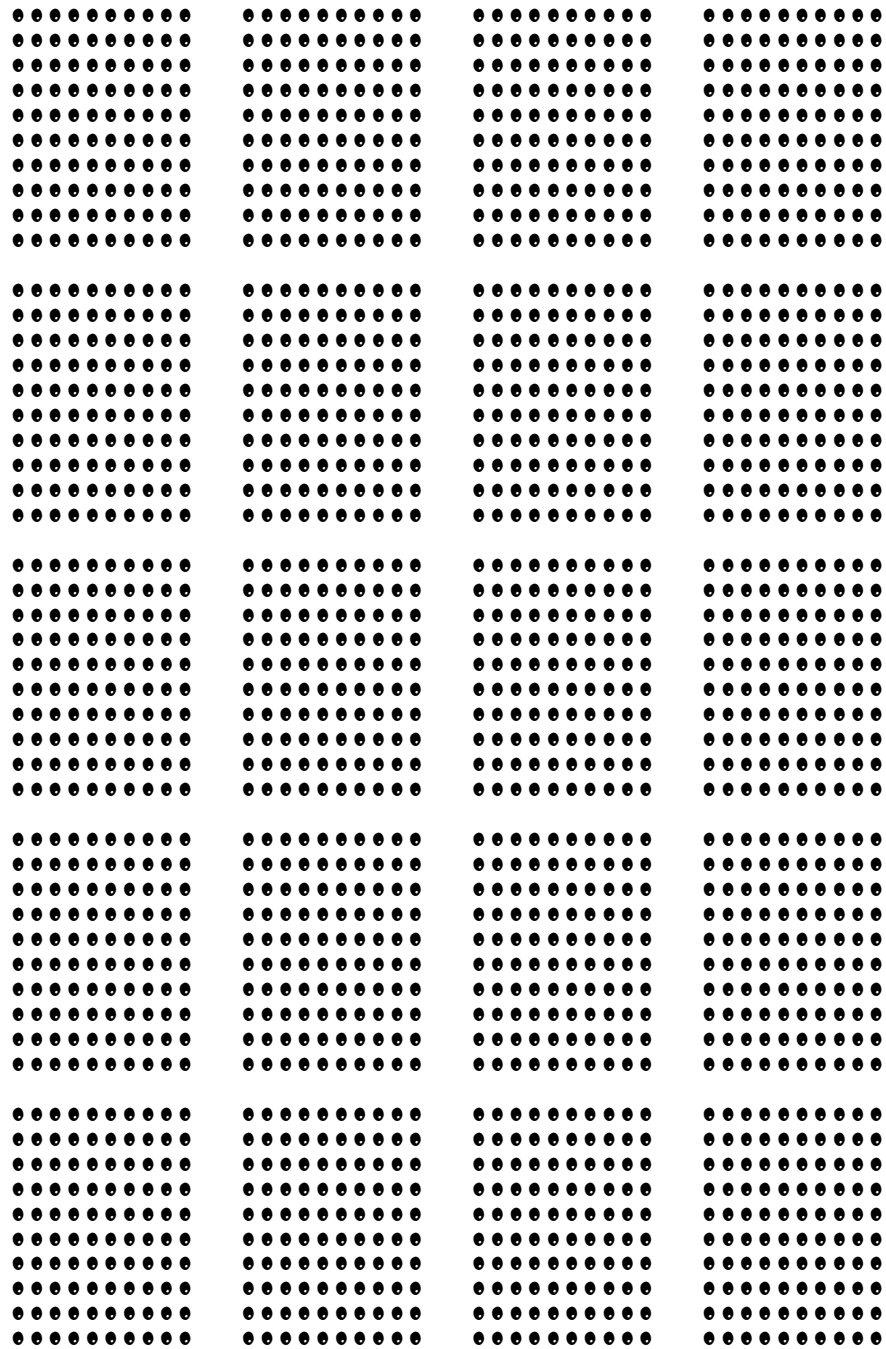


All too often,
education teaches us
how not to think.

- Anonymous

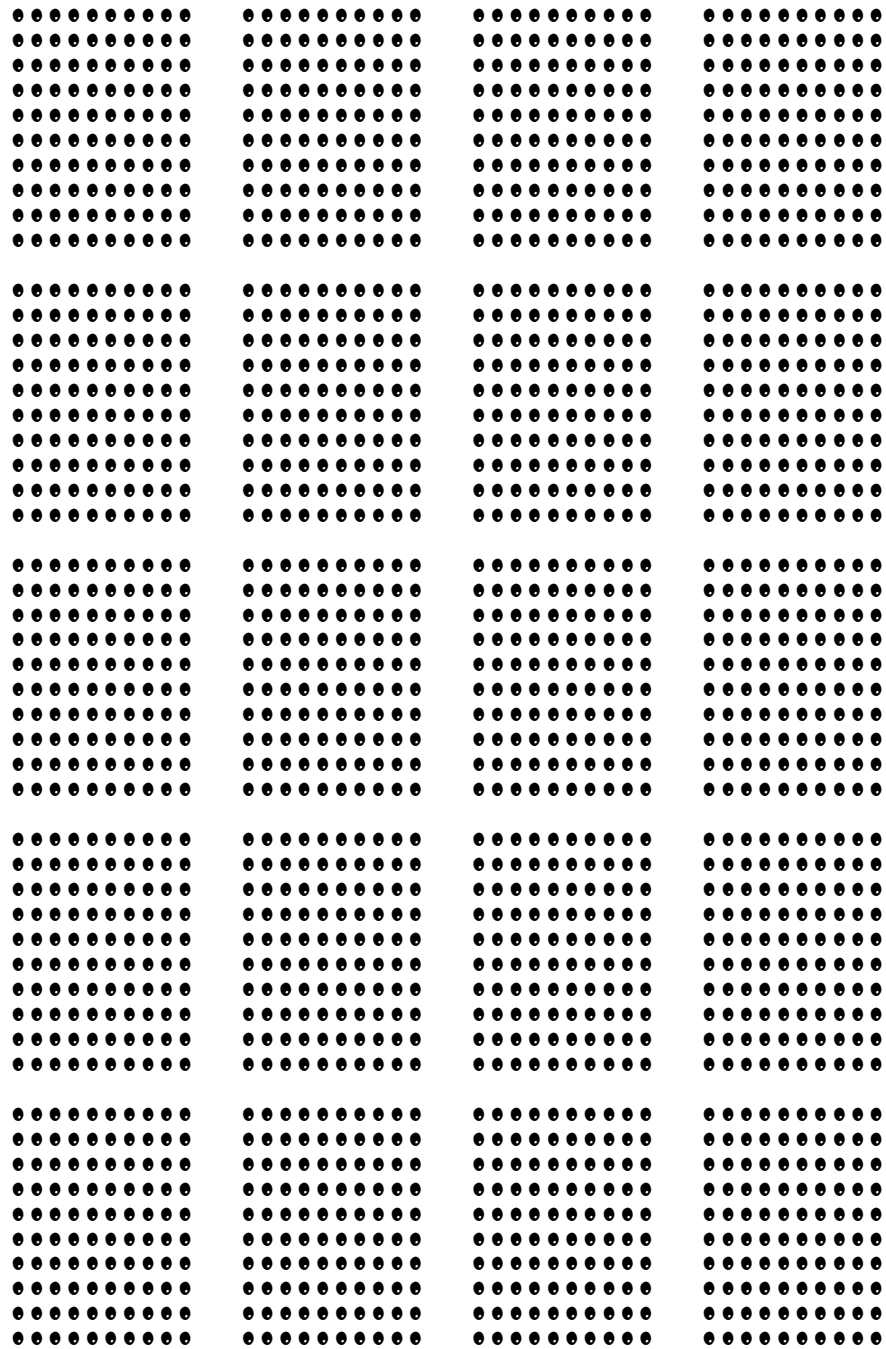


No matter
how far you run,
you are always
at your own
starting line.

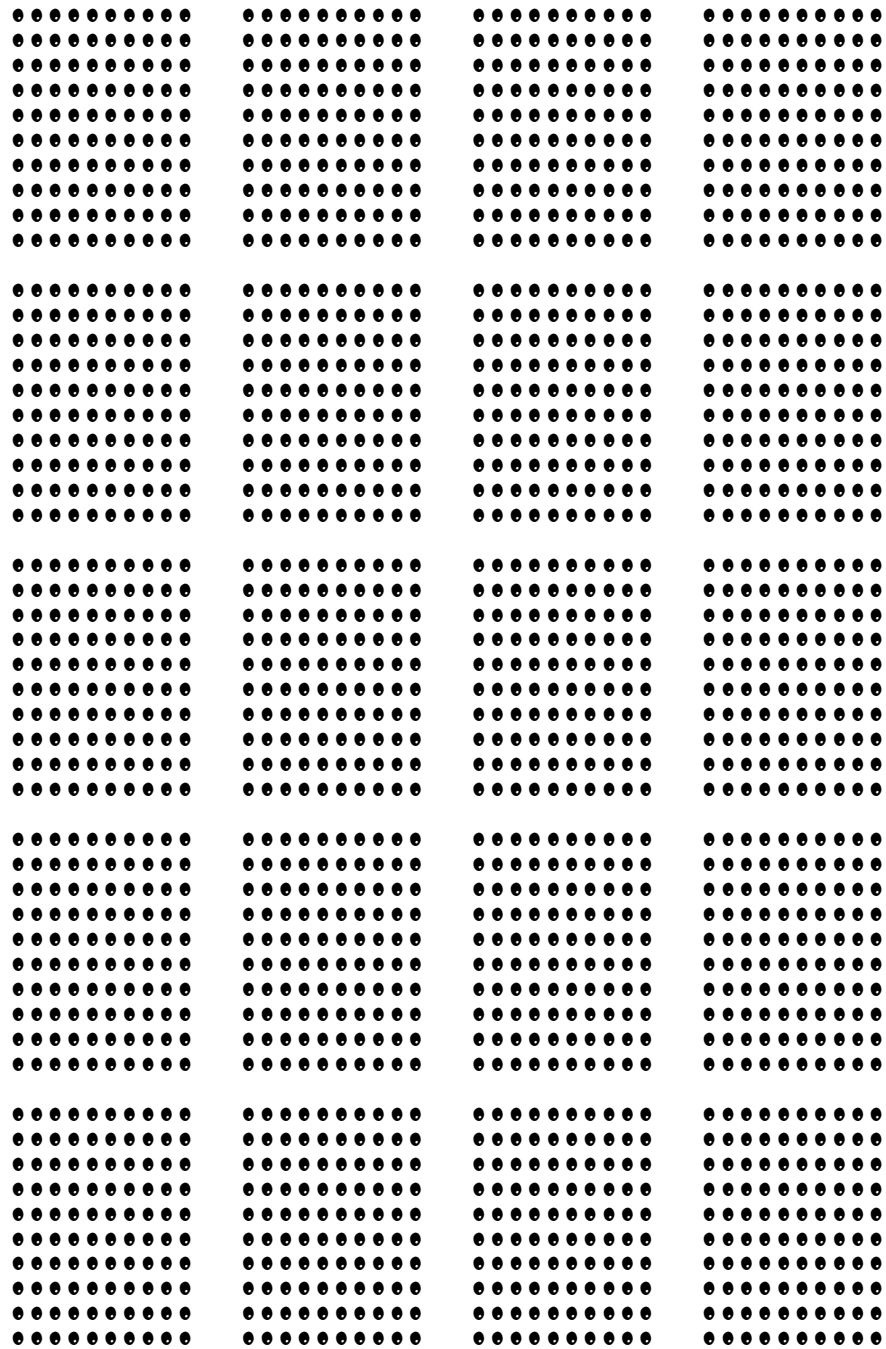


The way
to enlightenment
is to fall into
all the traps.

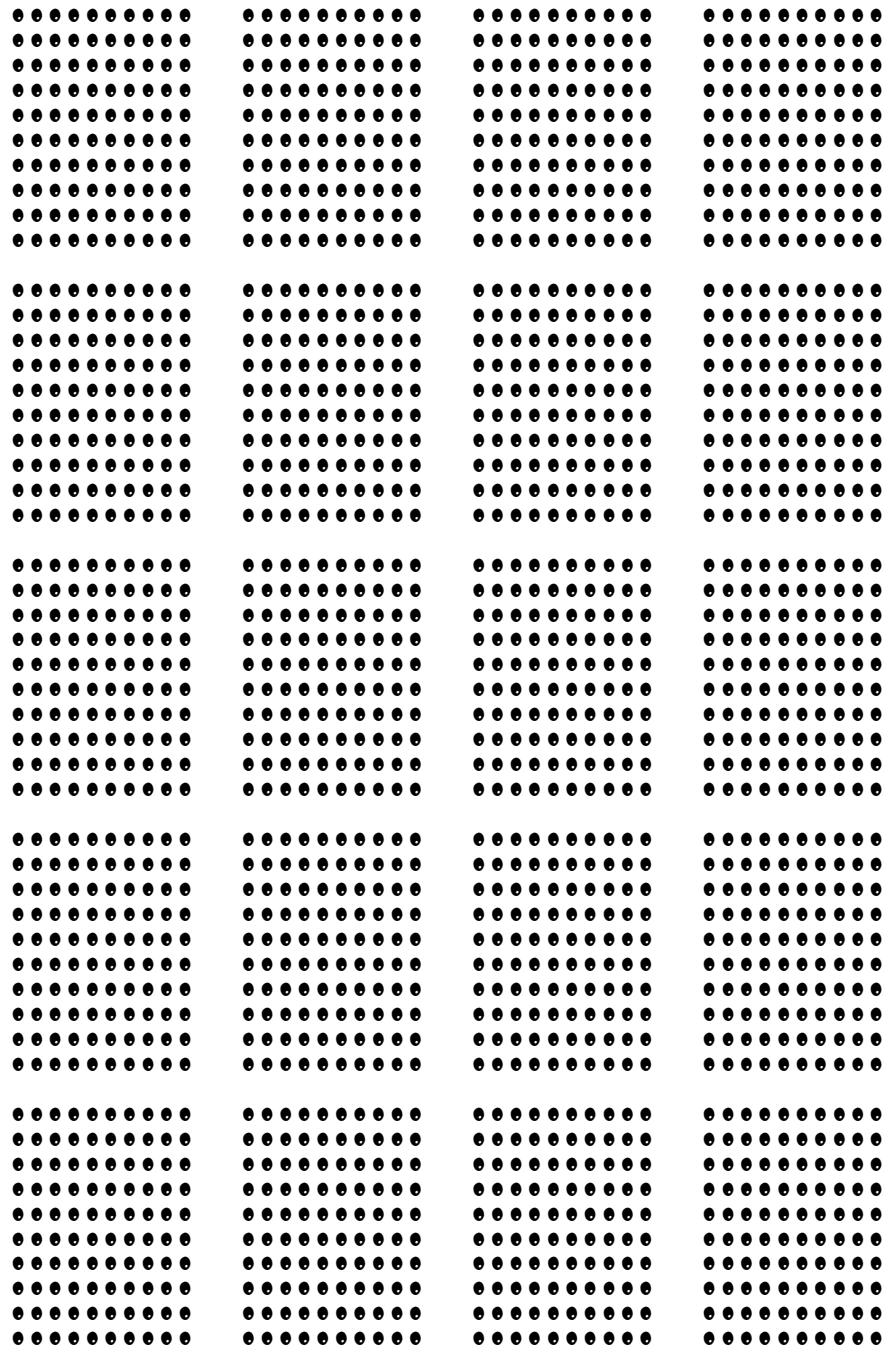
- Buddhist Saying



The problem
with people
is people.

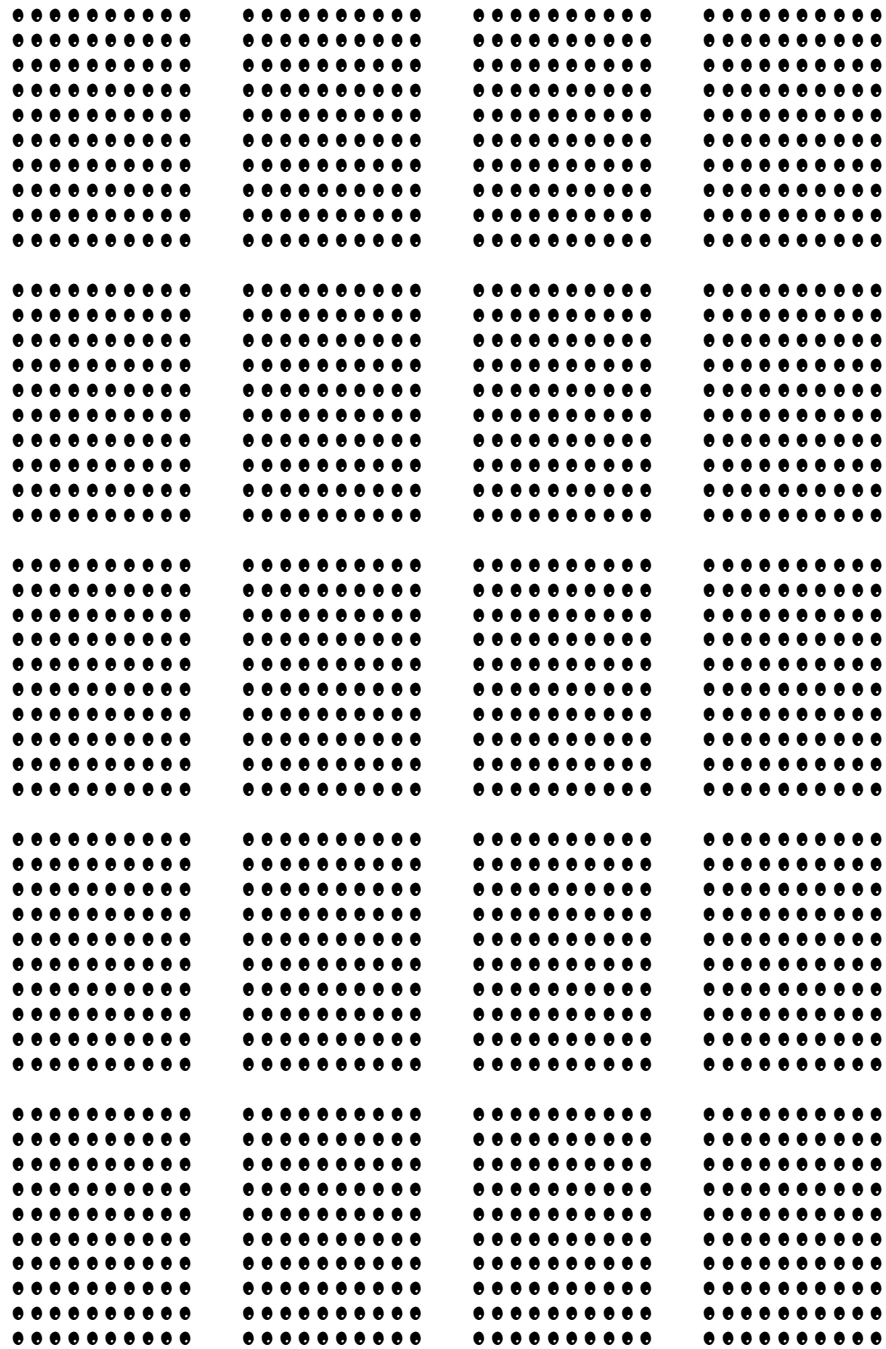


The only thing
you really own,
and the only thing
you can really sell
is your soul.

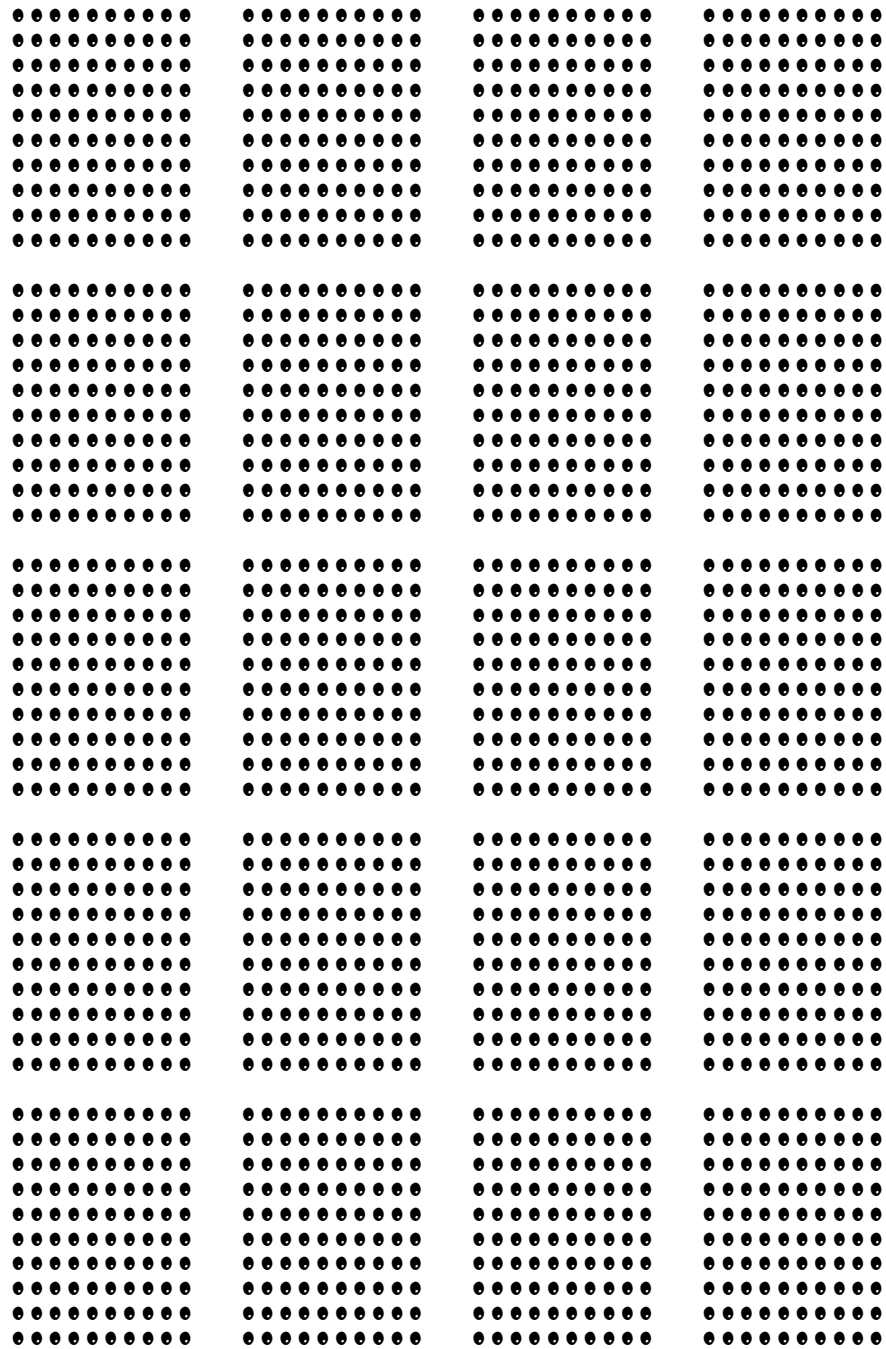


War is
a stern teacher.

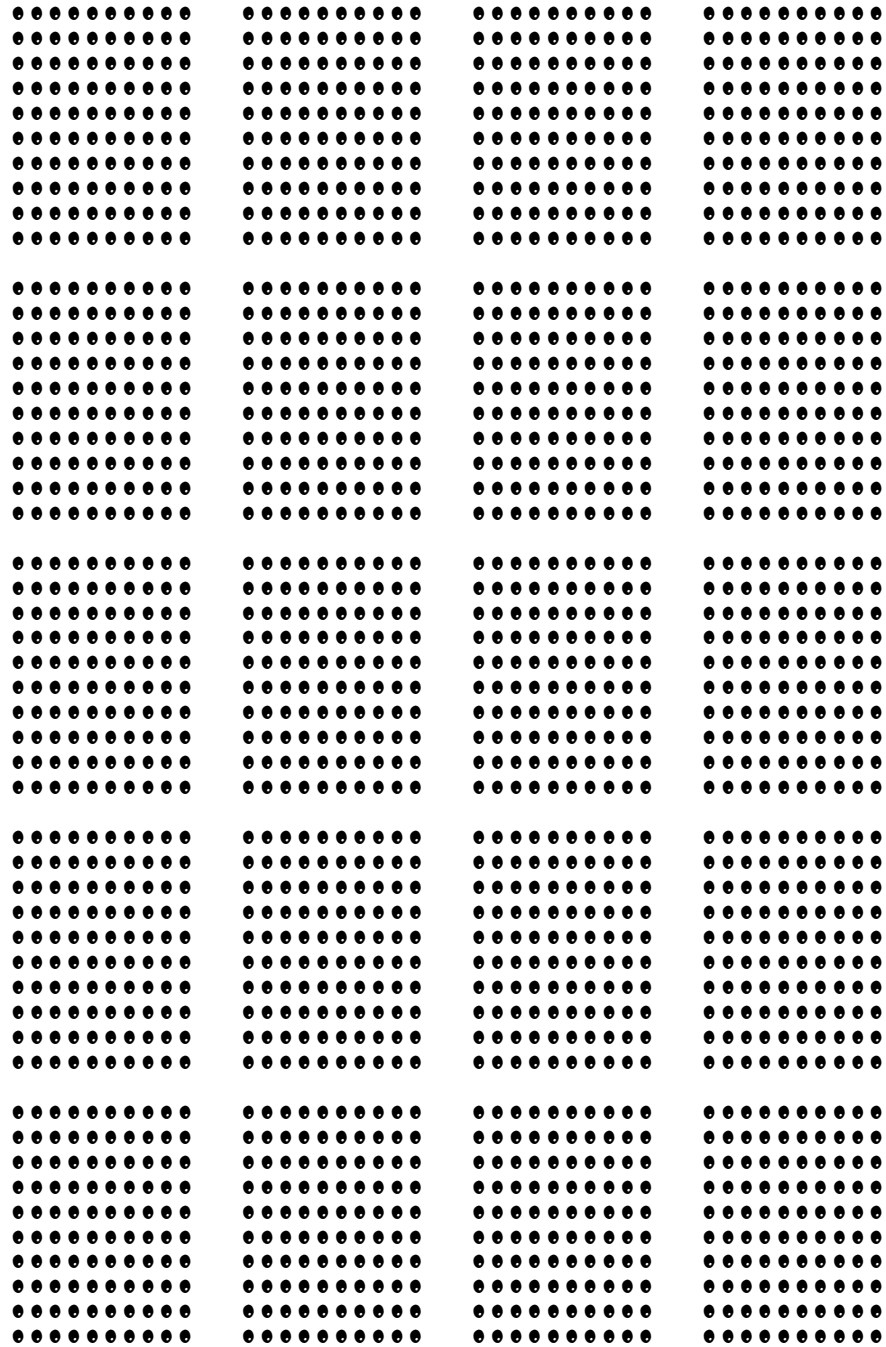
- Thucydides
c. 460 BC - c. 395 BC



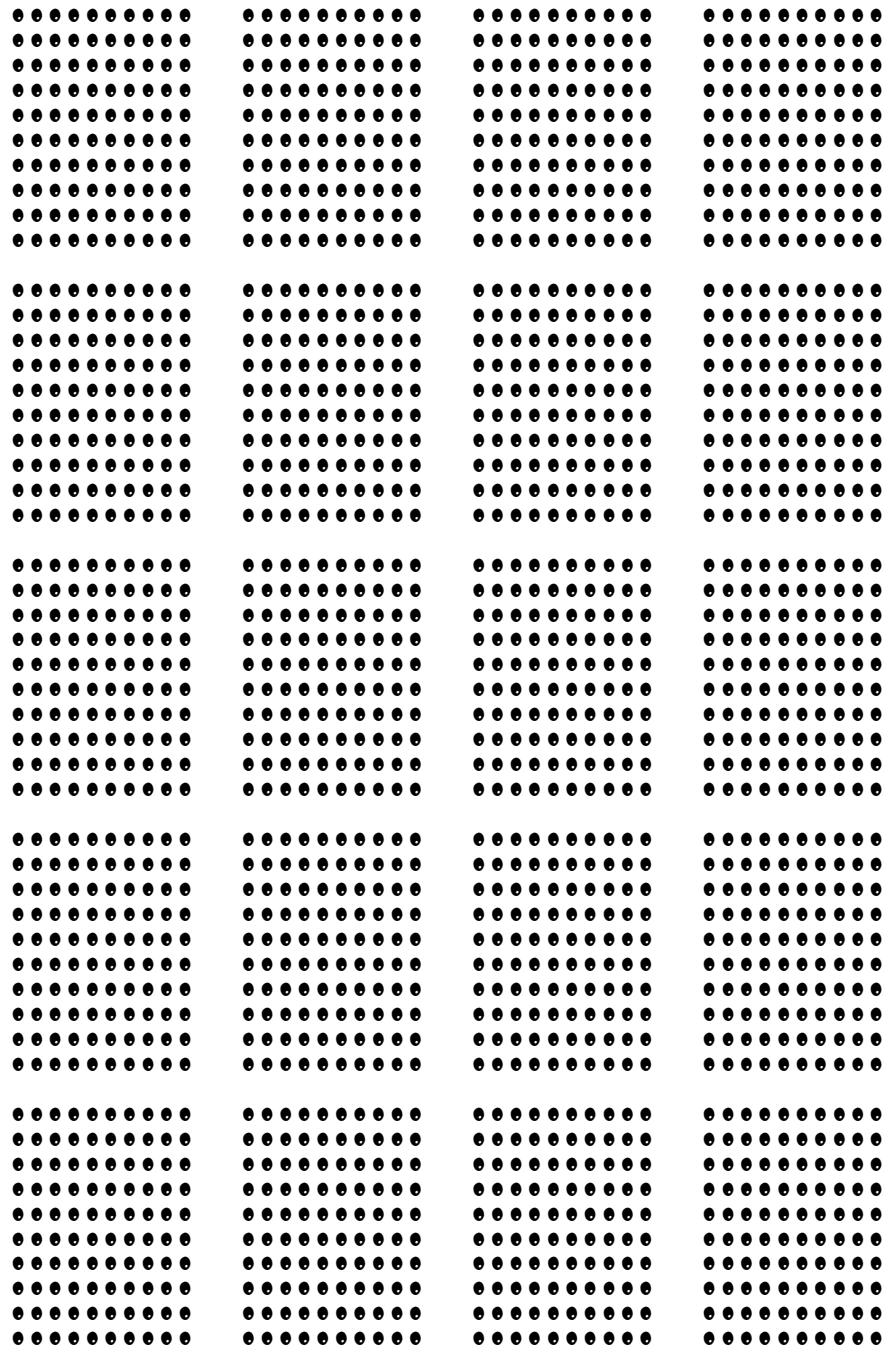
Without lies
there would be
no politics.



The only lasting effects
of greed and avarice are
hatred and aggression.



Either war is a
failure of diplomacy,
or diplomacy is a
failure of war?

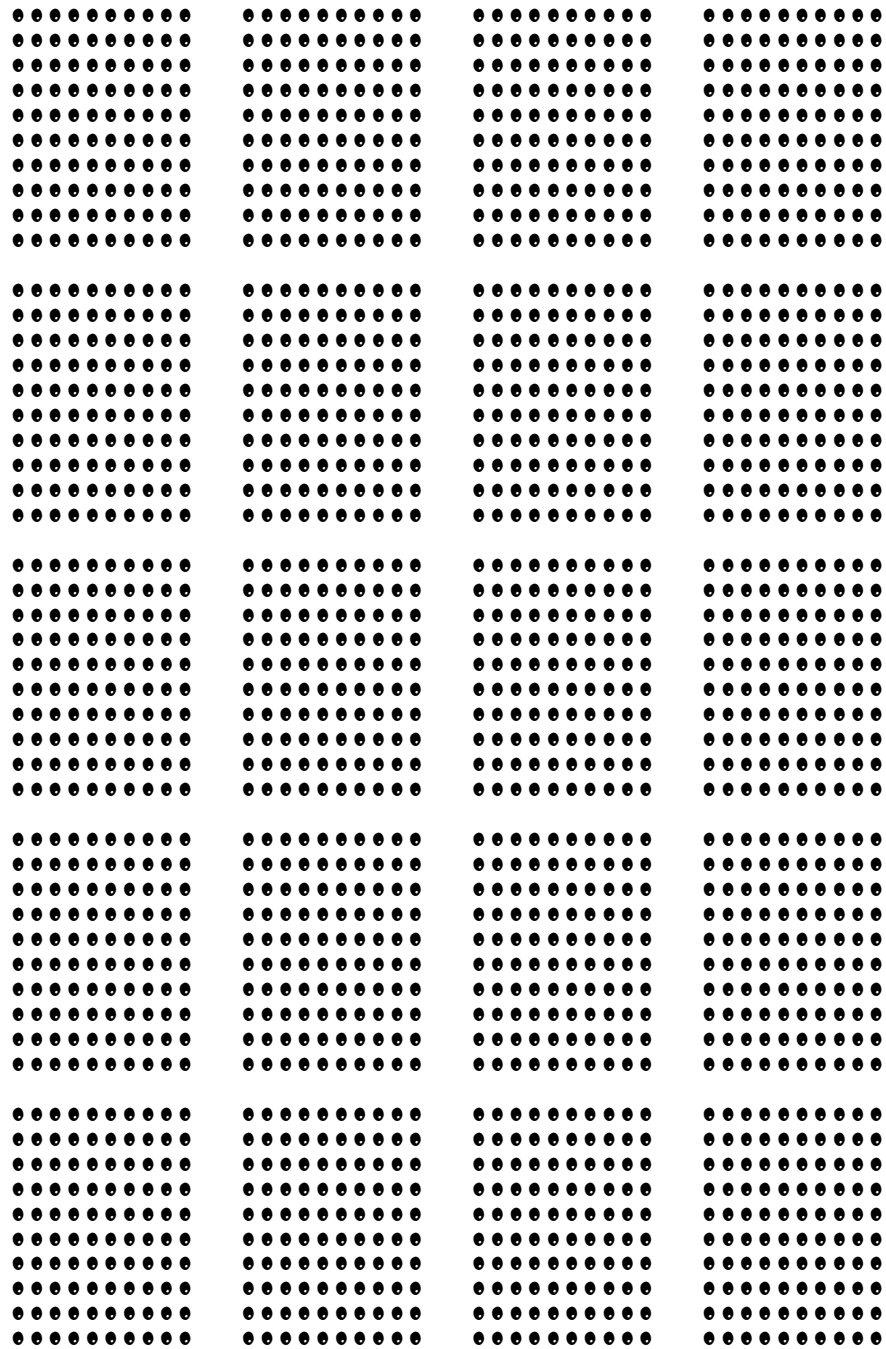


Healthy co-dependency

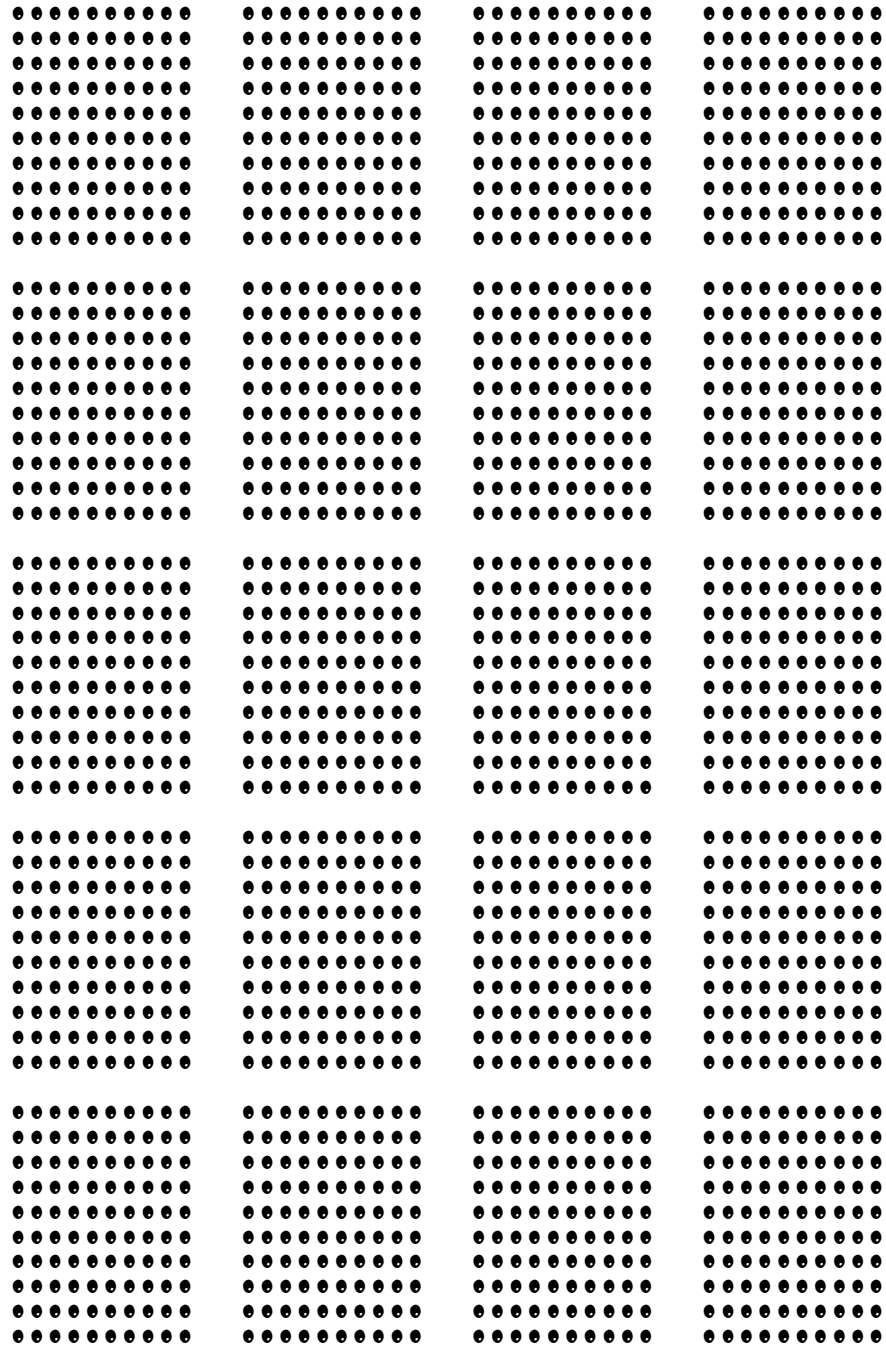
is symbiotic.

Dysfunctional co-dependency

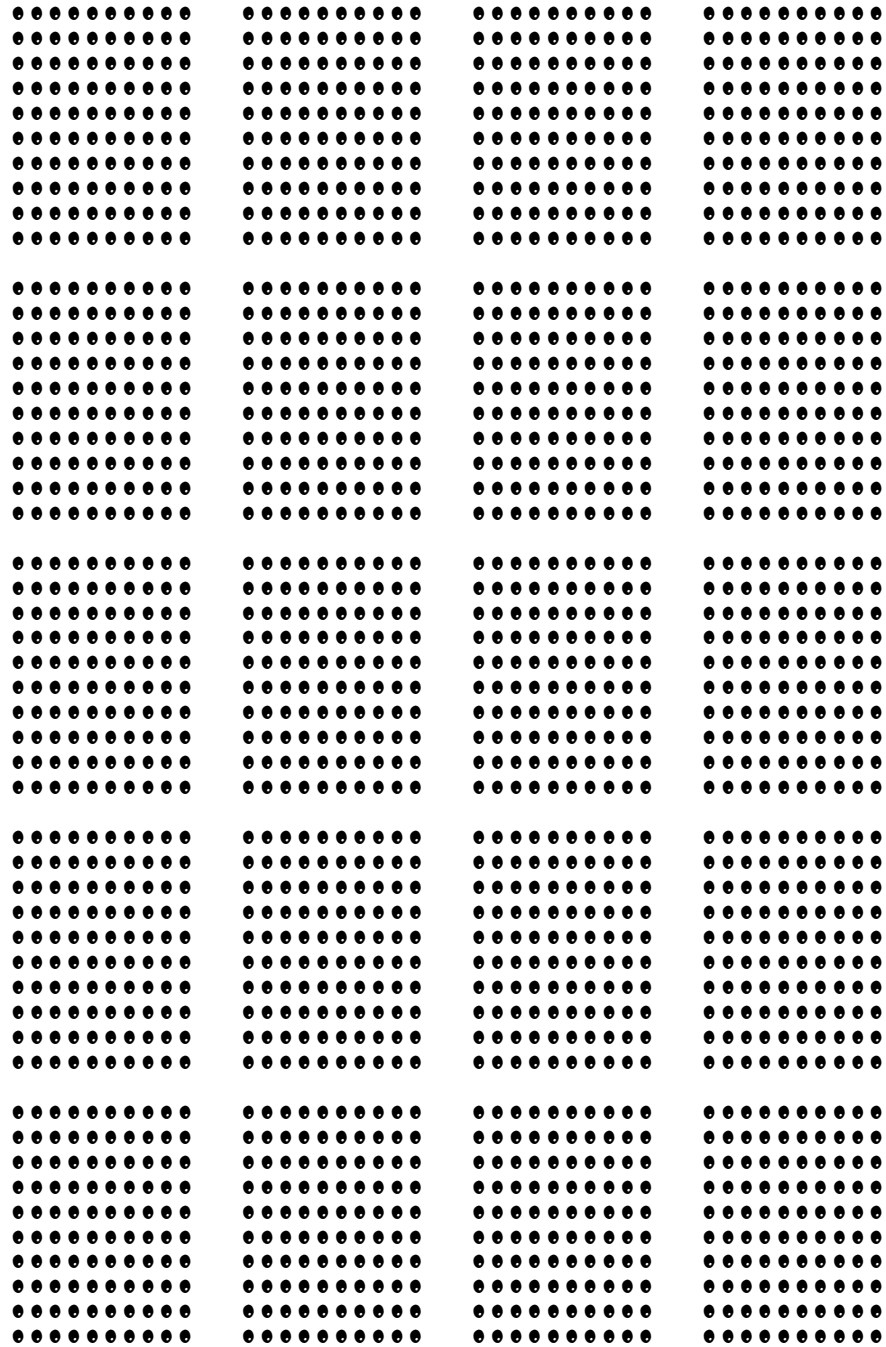
is parasitic.



You can learn
commitment from
a person,
a pet,
a plant,
or
a thought.



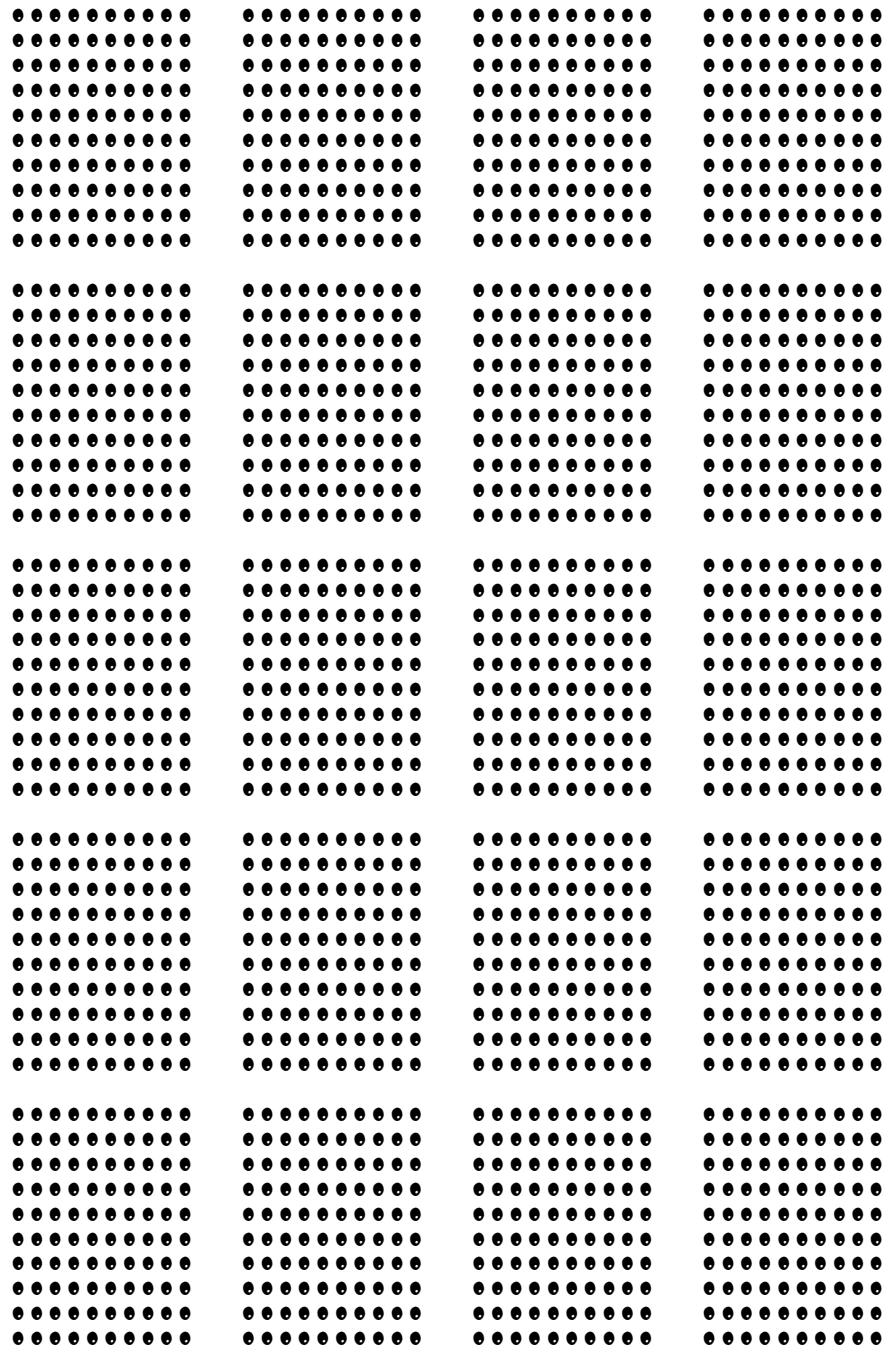
No matter what
your station in life,
by the end of the day
everyone has taken a shit
or wishes they had.



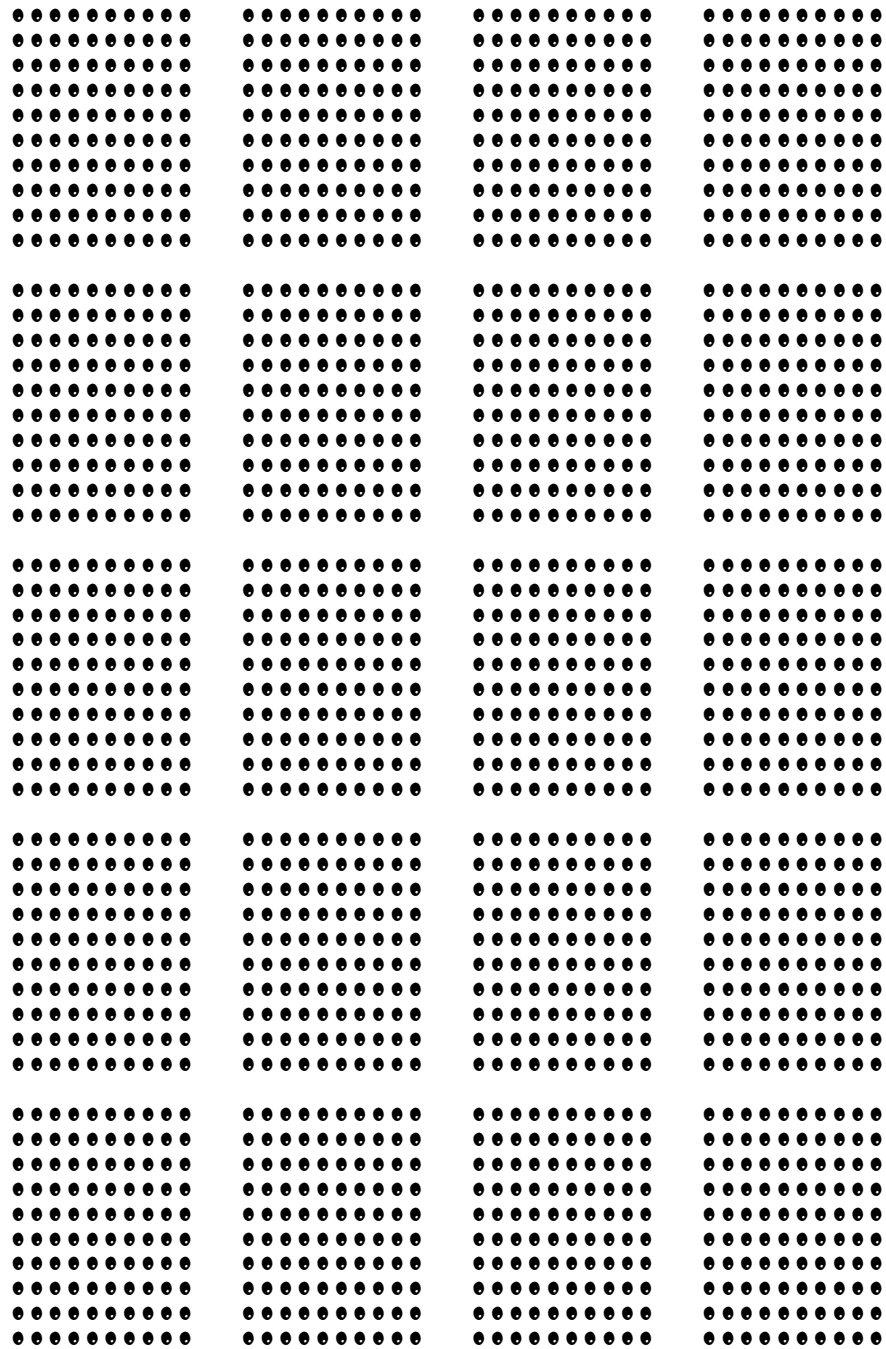
Egos are like diapers -

when they're full

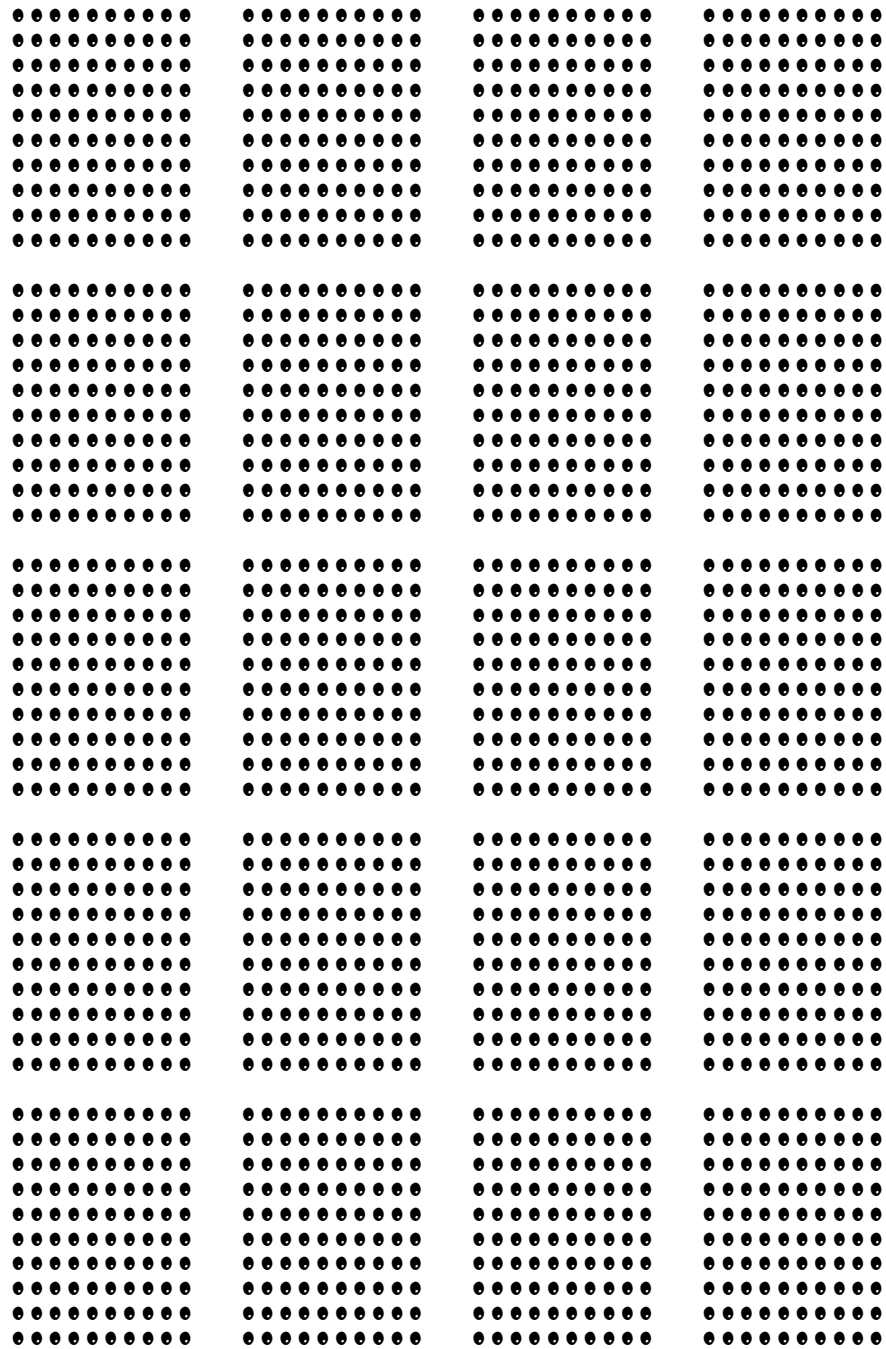
it's time for a change.



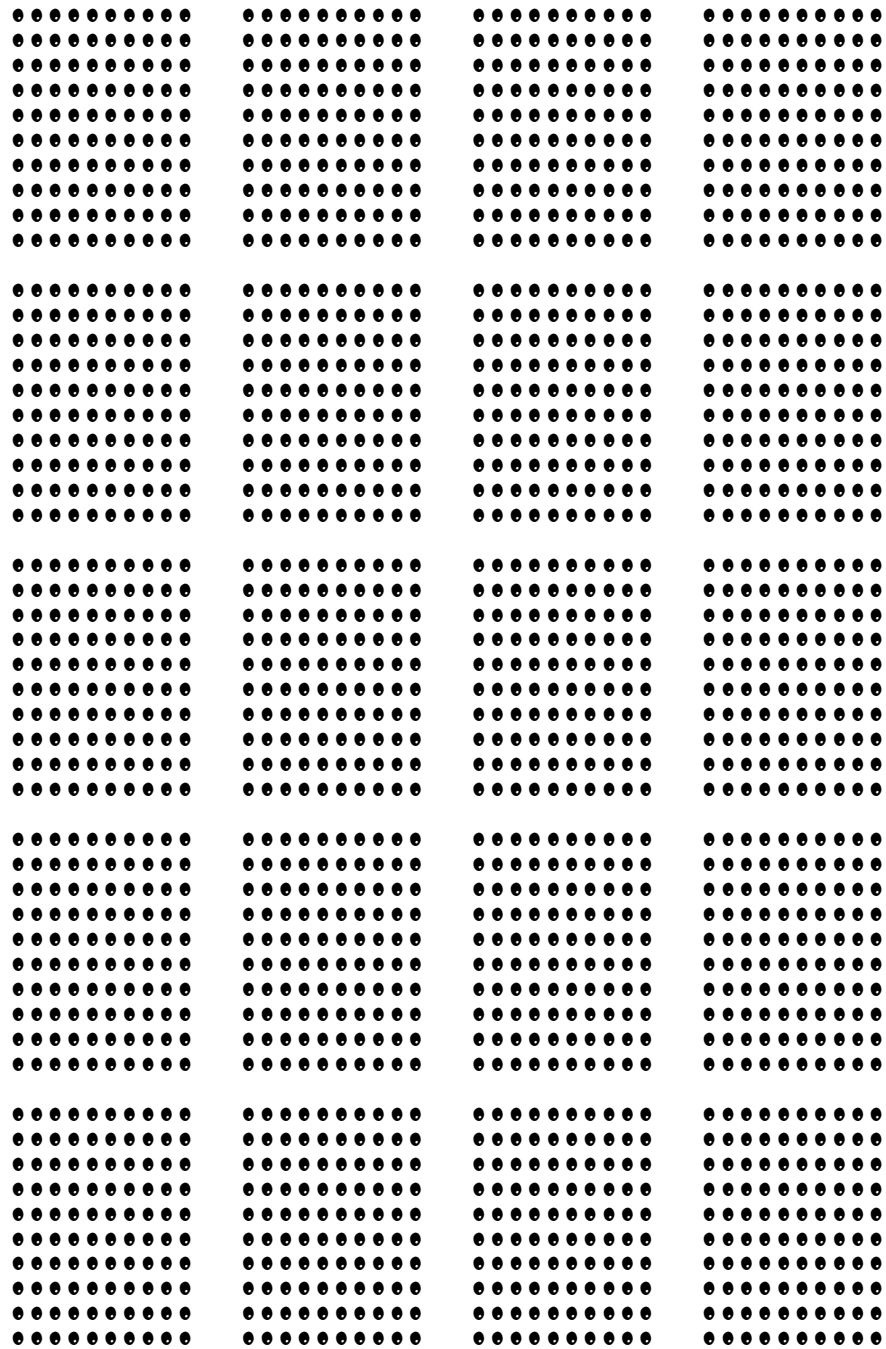
Intelligent design
does not guarantee
a perfect outcome.



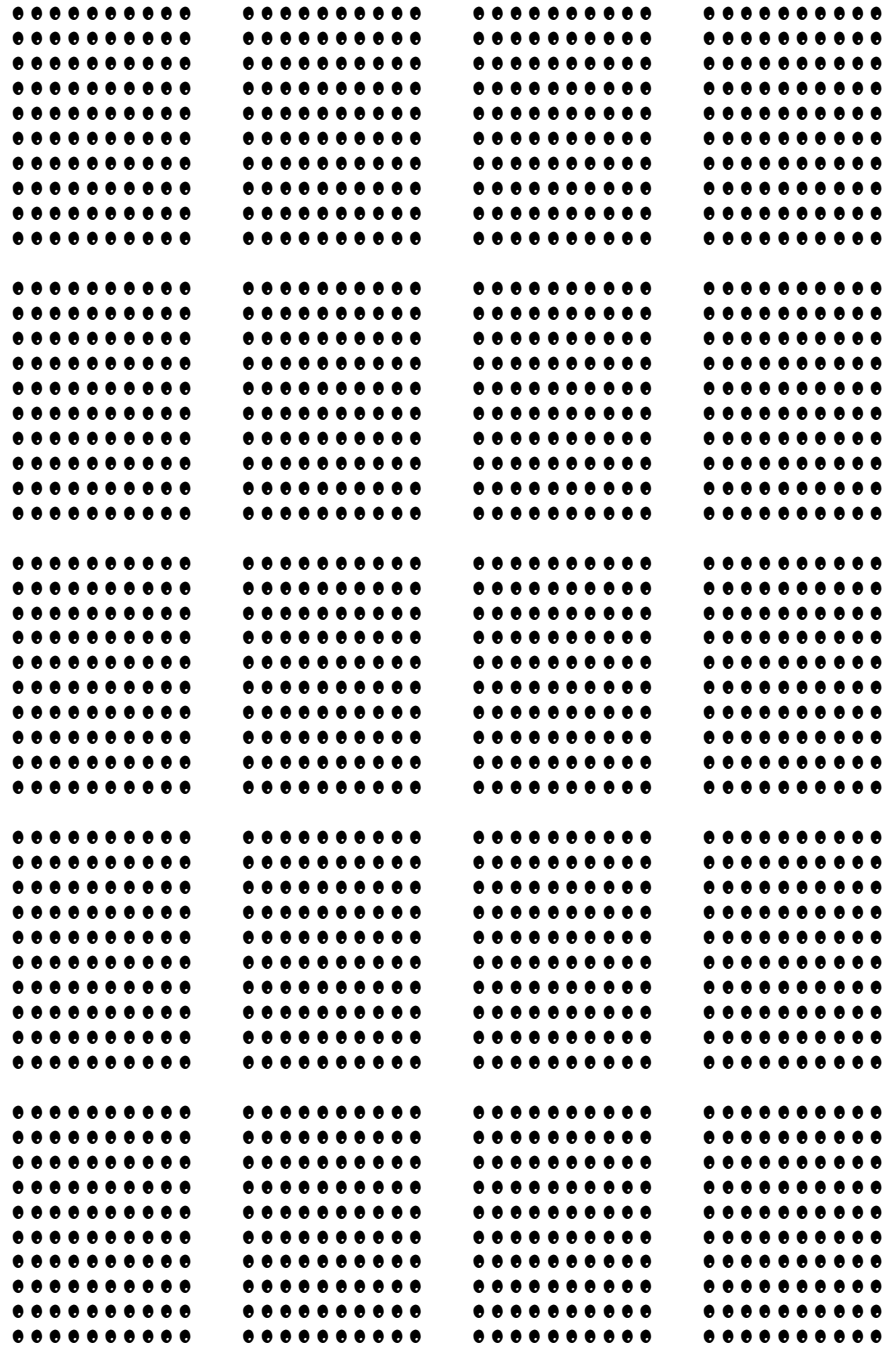
In a dictatorship
only one person wins,
while in a democracy
forty-nine percent
may still lose,
yet in anarchy
all is lost.



If its satisfaction
makes any demands,
then it cannot be love.



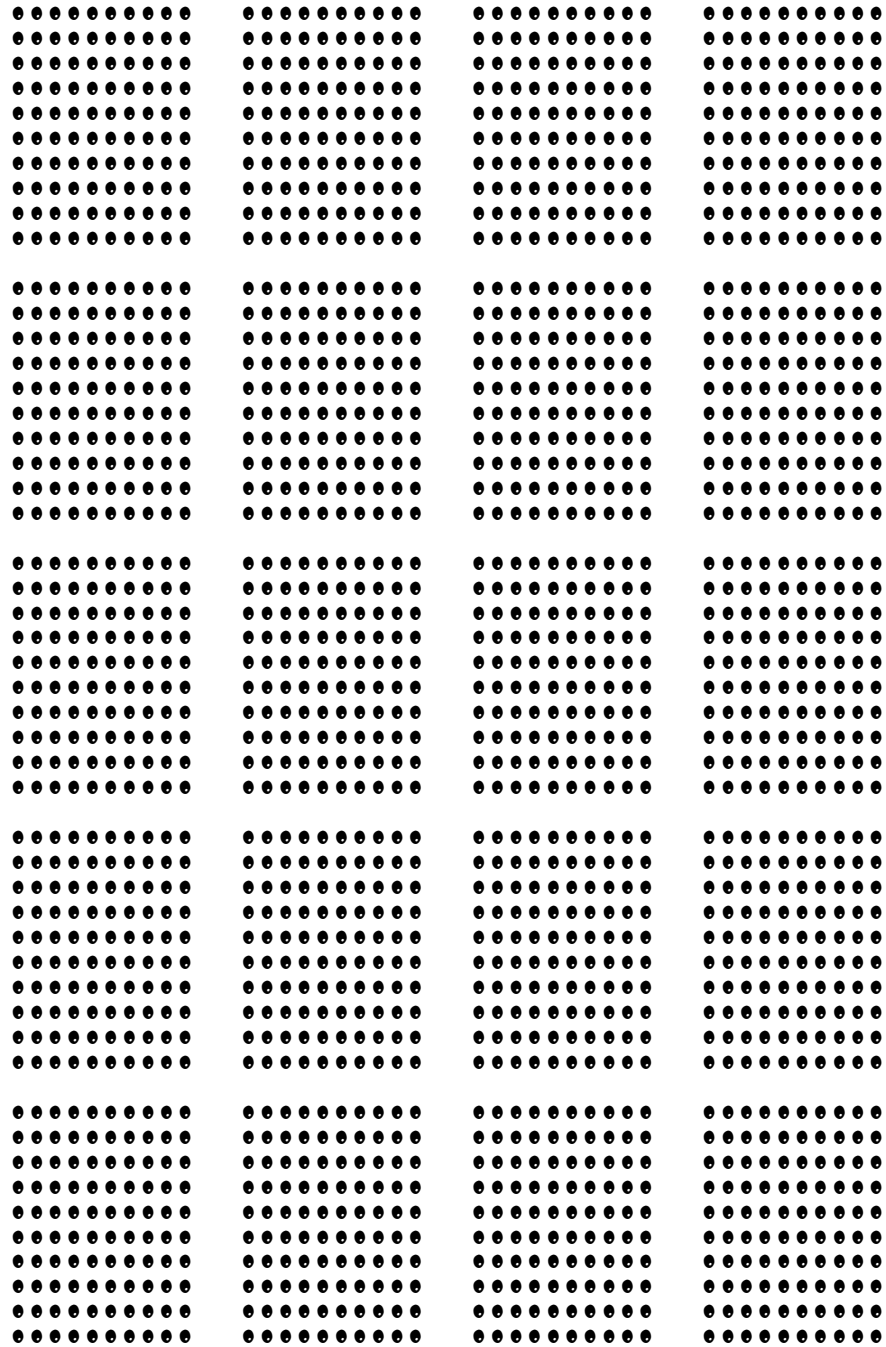
If its satisfaction
makes no demands,
then it cannot be hate.



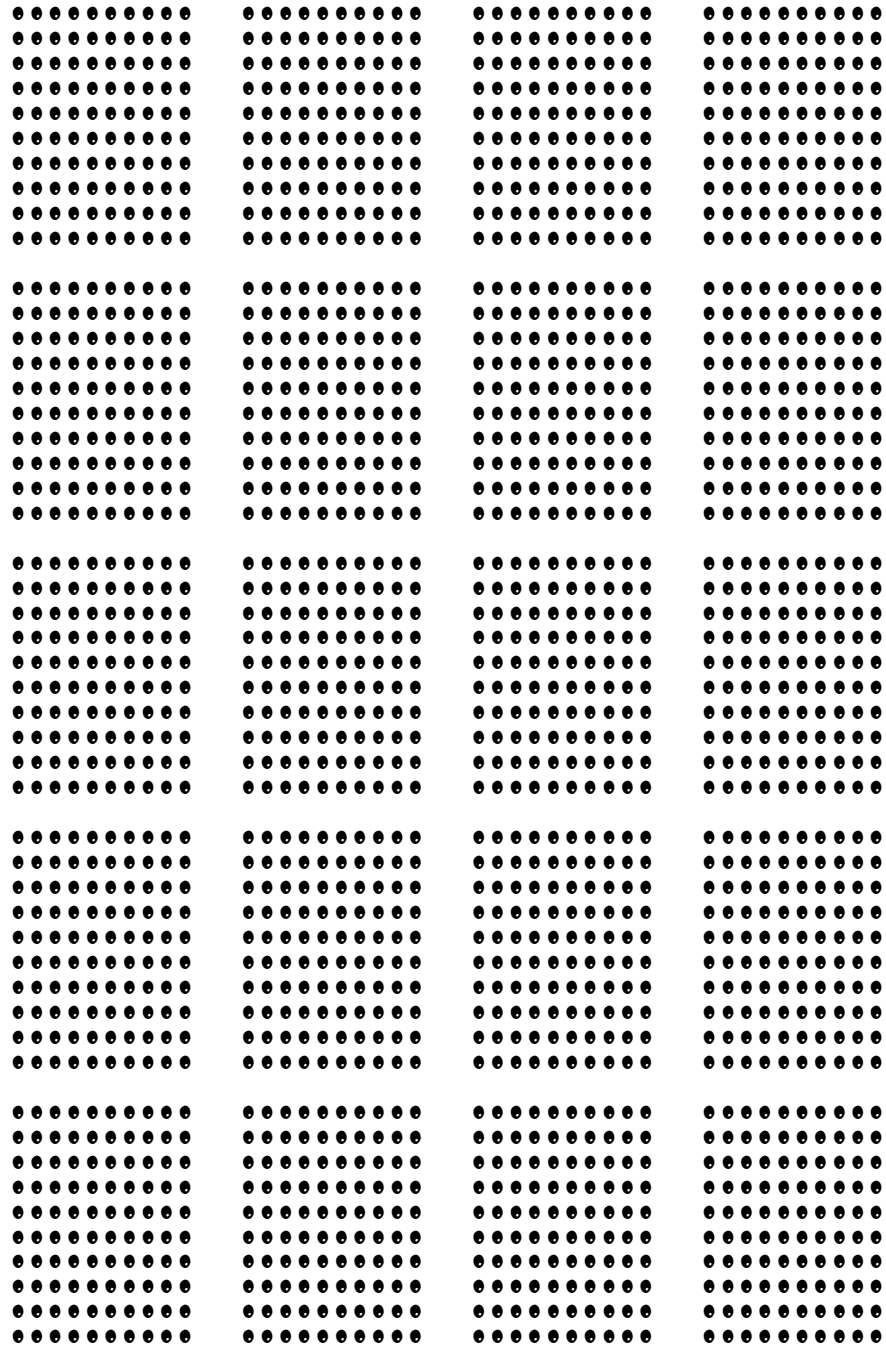
Love is like god.

It can only be
fully appreciated

in the privacy
of one's heart.



The opposite of
birth is death.
The opposite of
life is limitlessness.

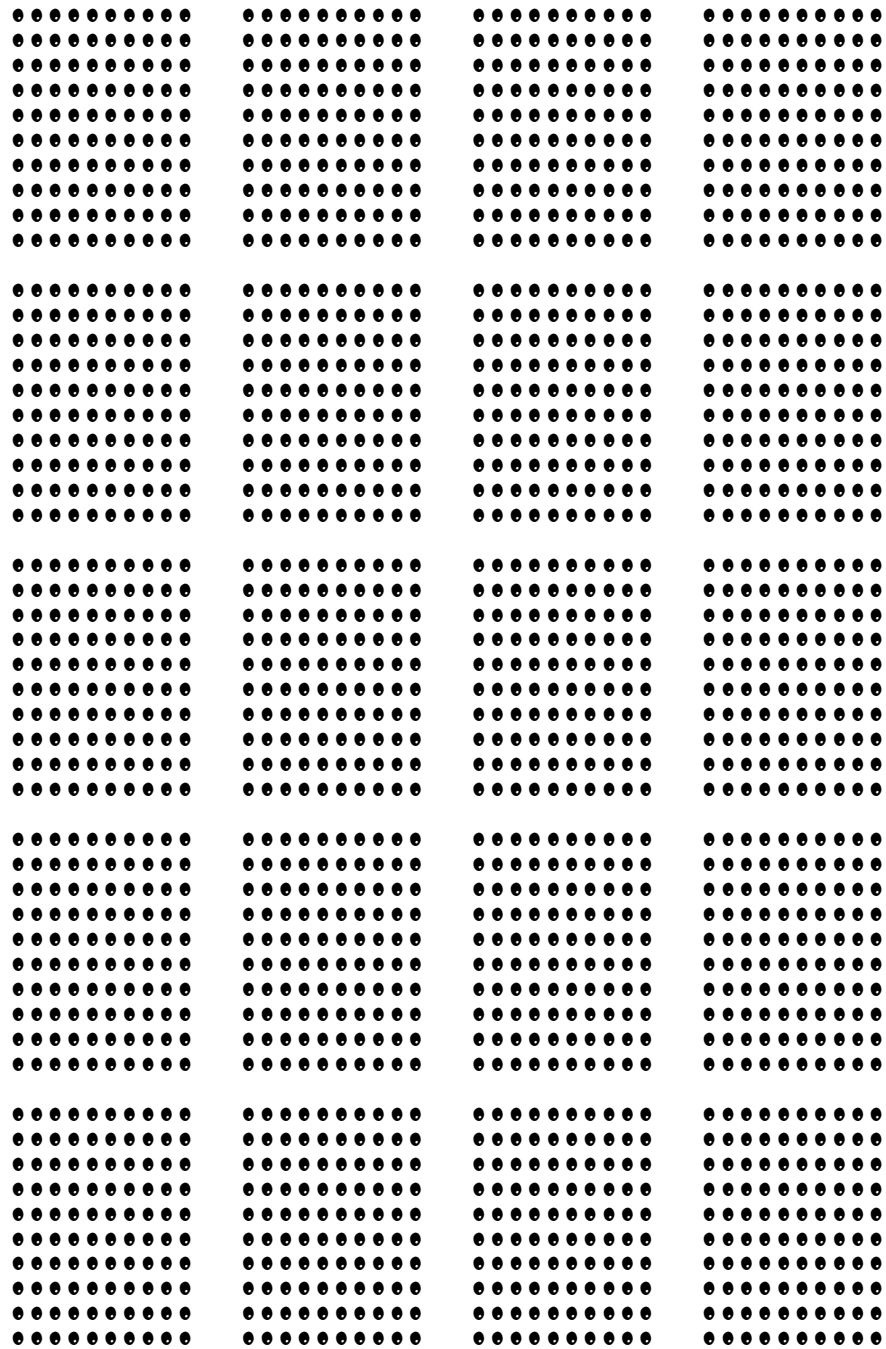


Thousands have lived

without love,

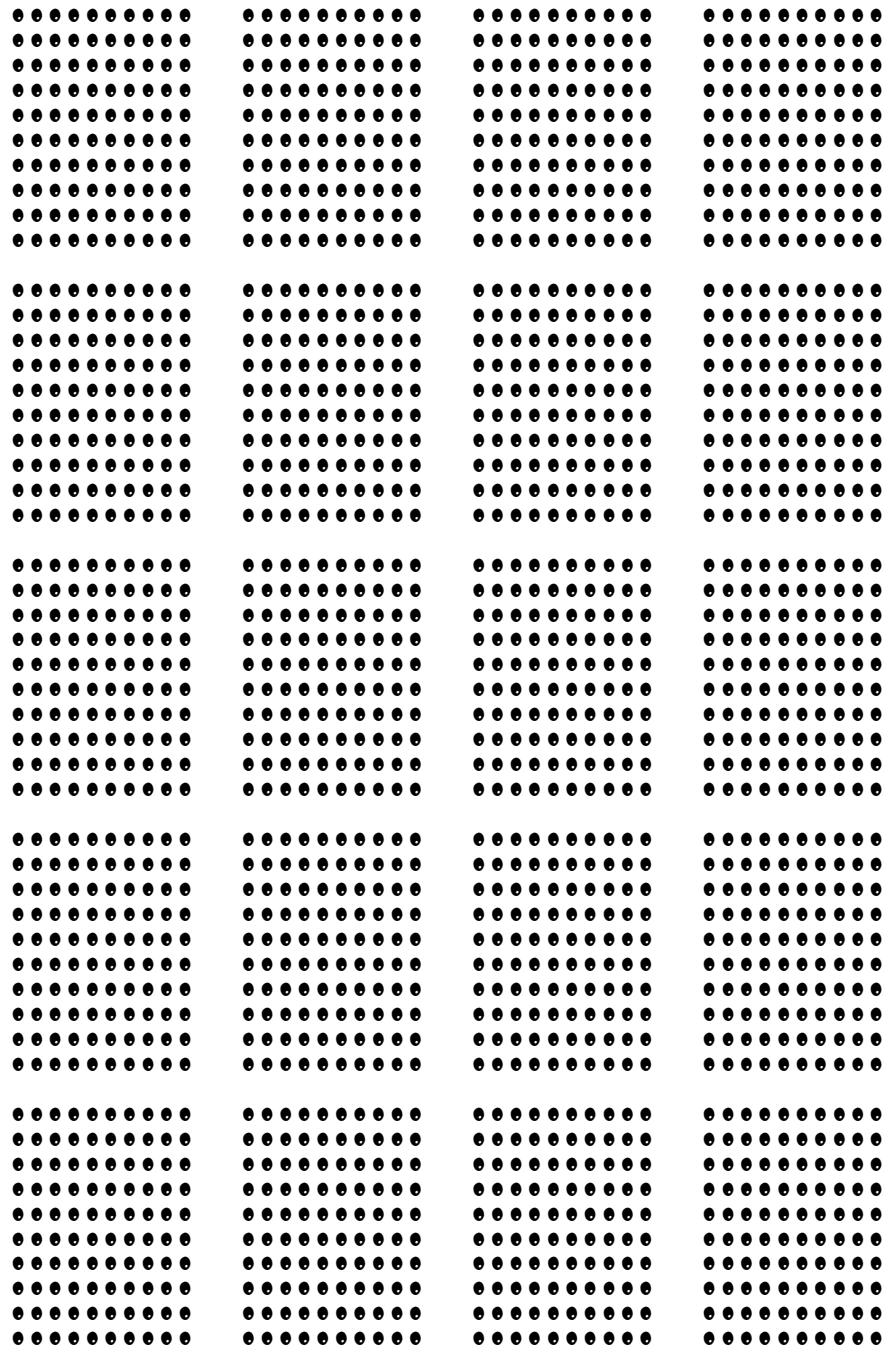
not one without water.

- W.H. Auden

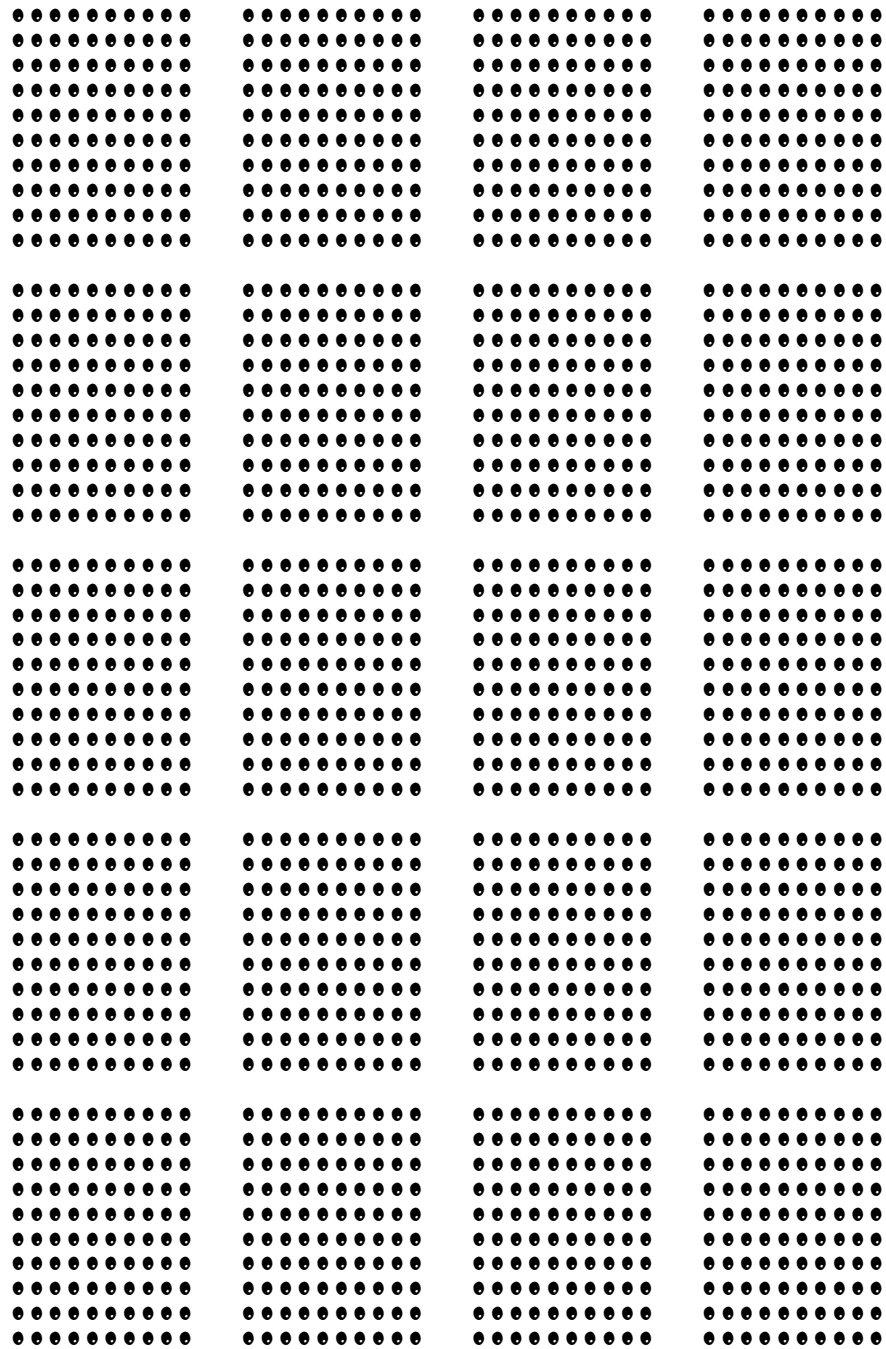


If you think you are weak,
then listen to your breath
for five minutes.

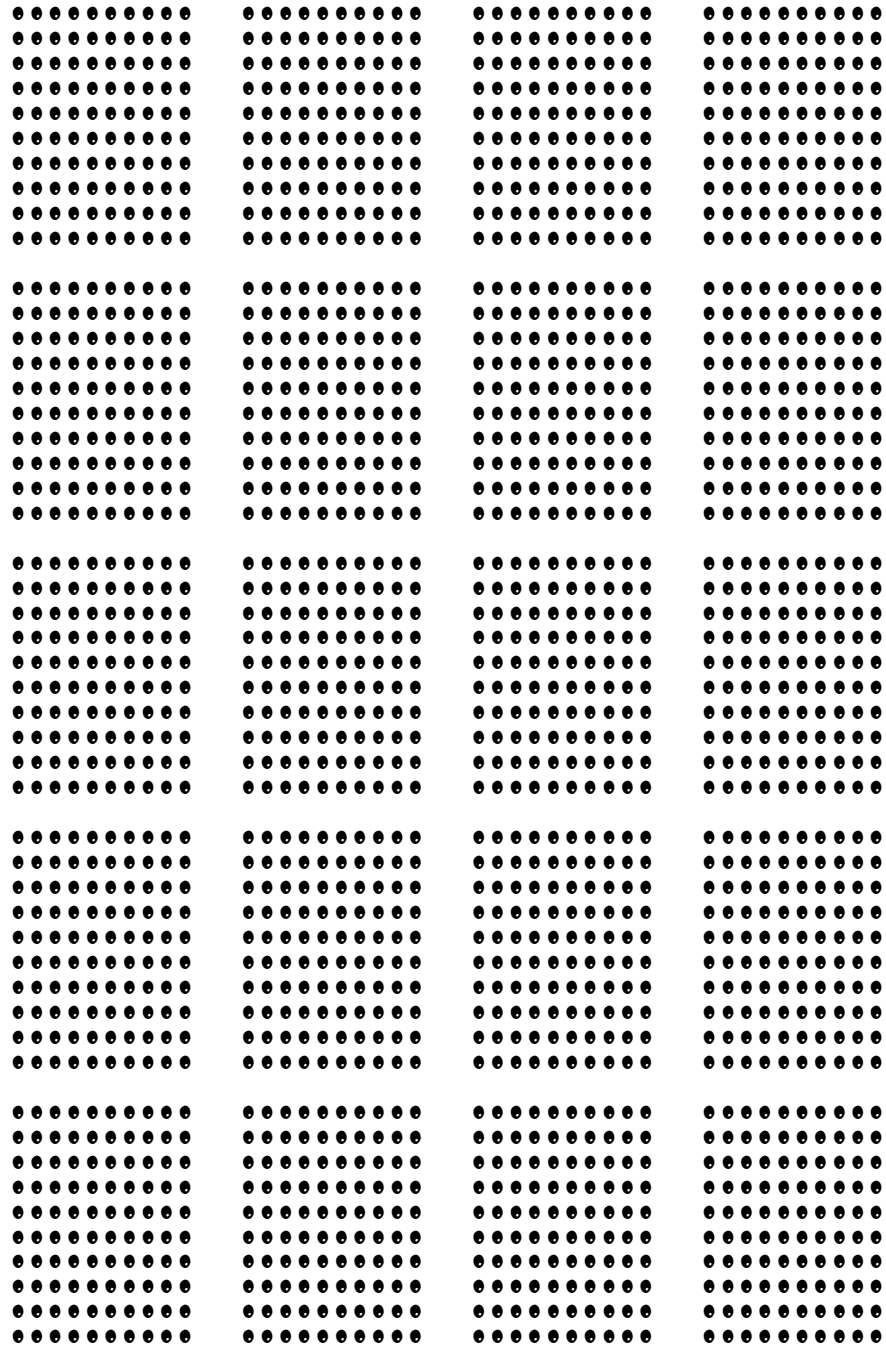
If you think you are strong,
then hold your breath
for five minutes.



Pity the beautiful
for they have yet
so much to lose.



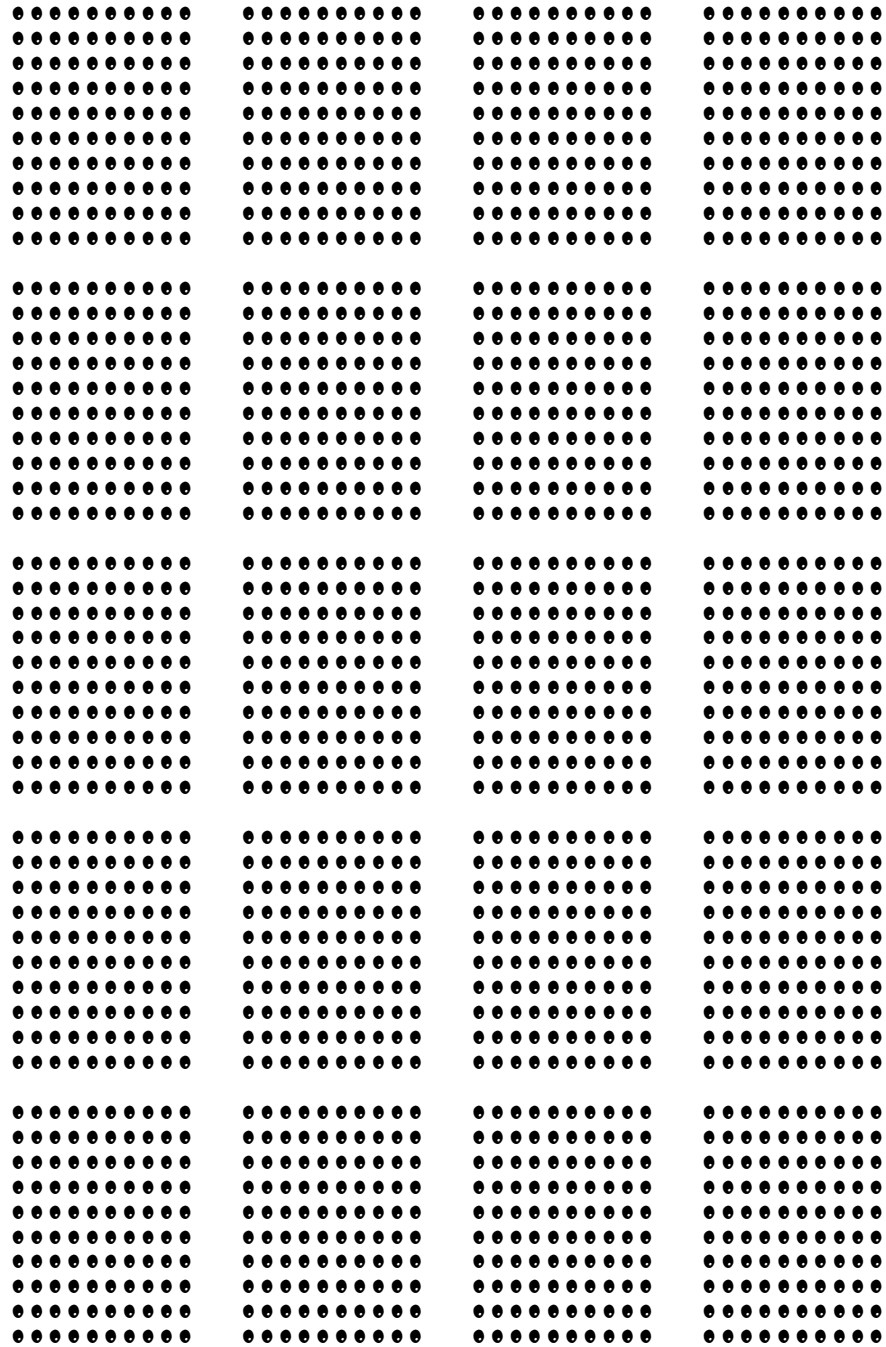
The only things
that separate you
from nature are
your imagination
and greed.



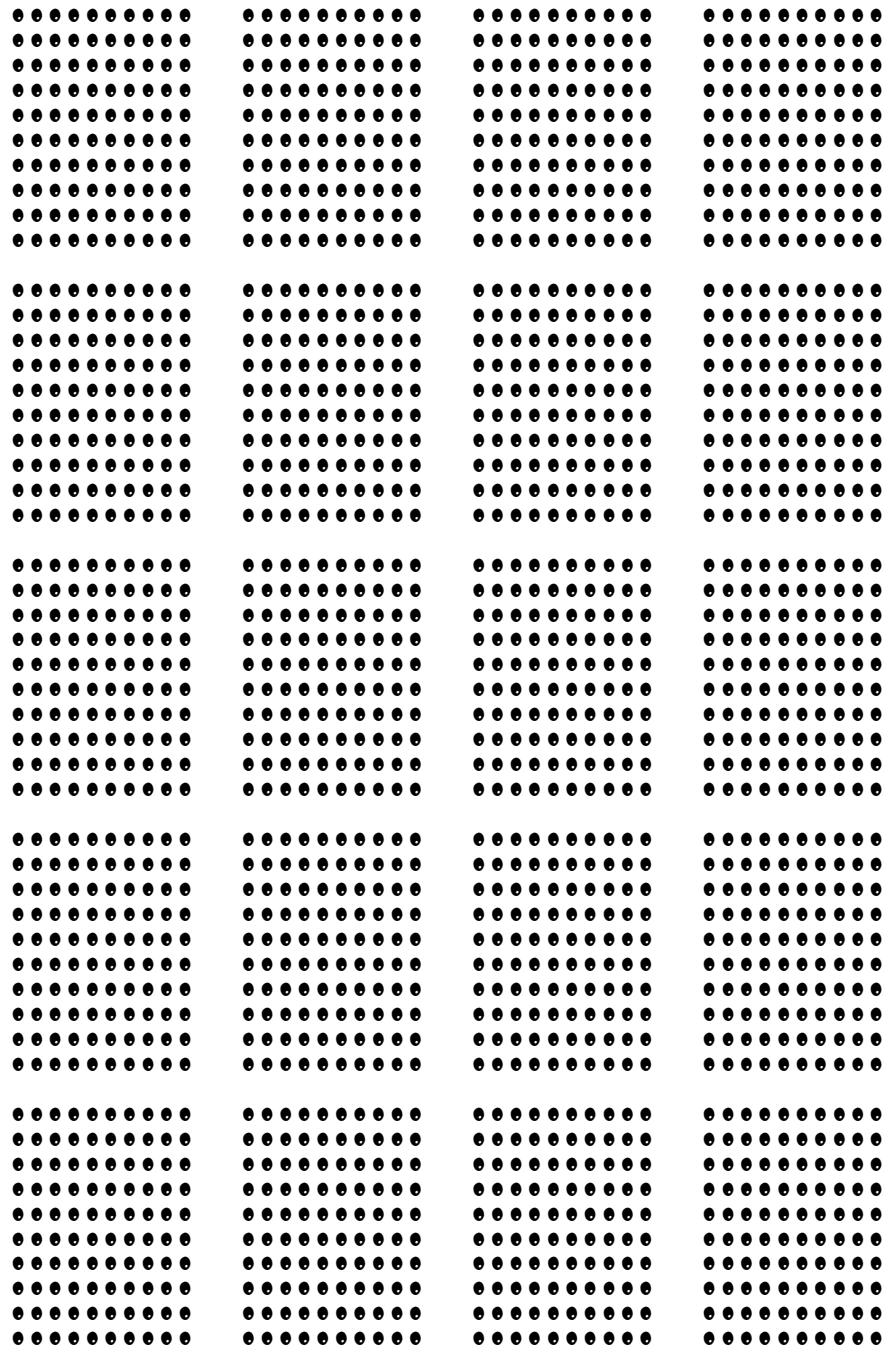
It's easy to quit smoking.

I've done it many times.

- Benjamin Franklin



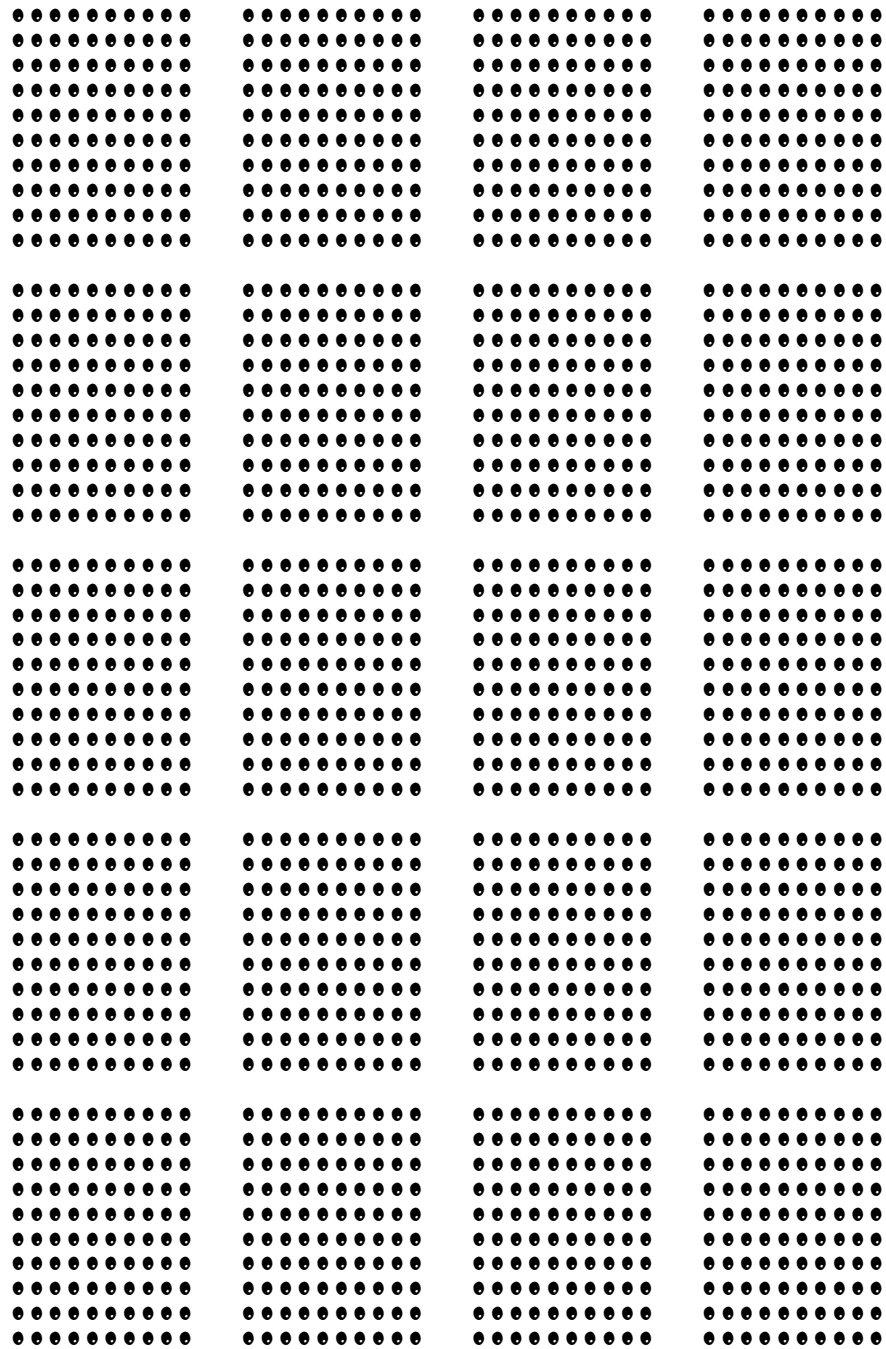
Sexuality is one
of life's mysteries,
just like the sun
and the moon.



Wealth

buys

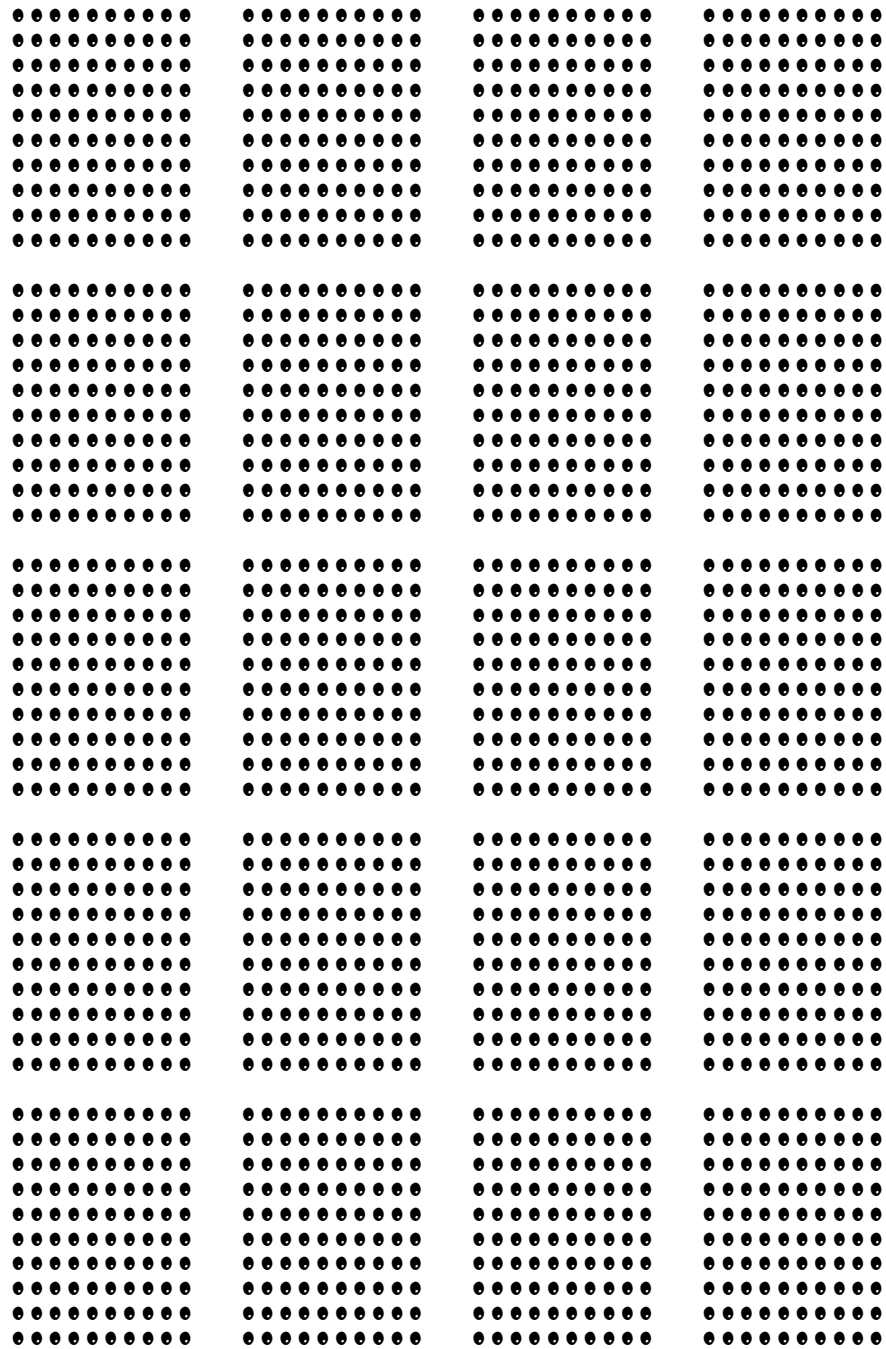
isolation.



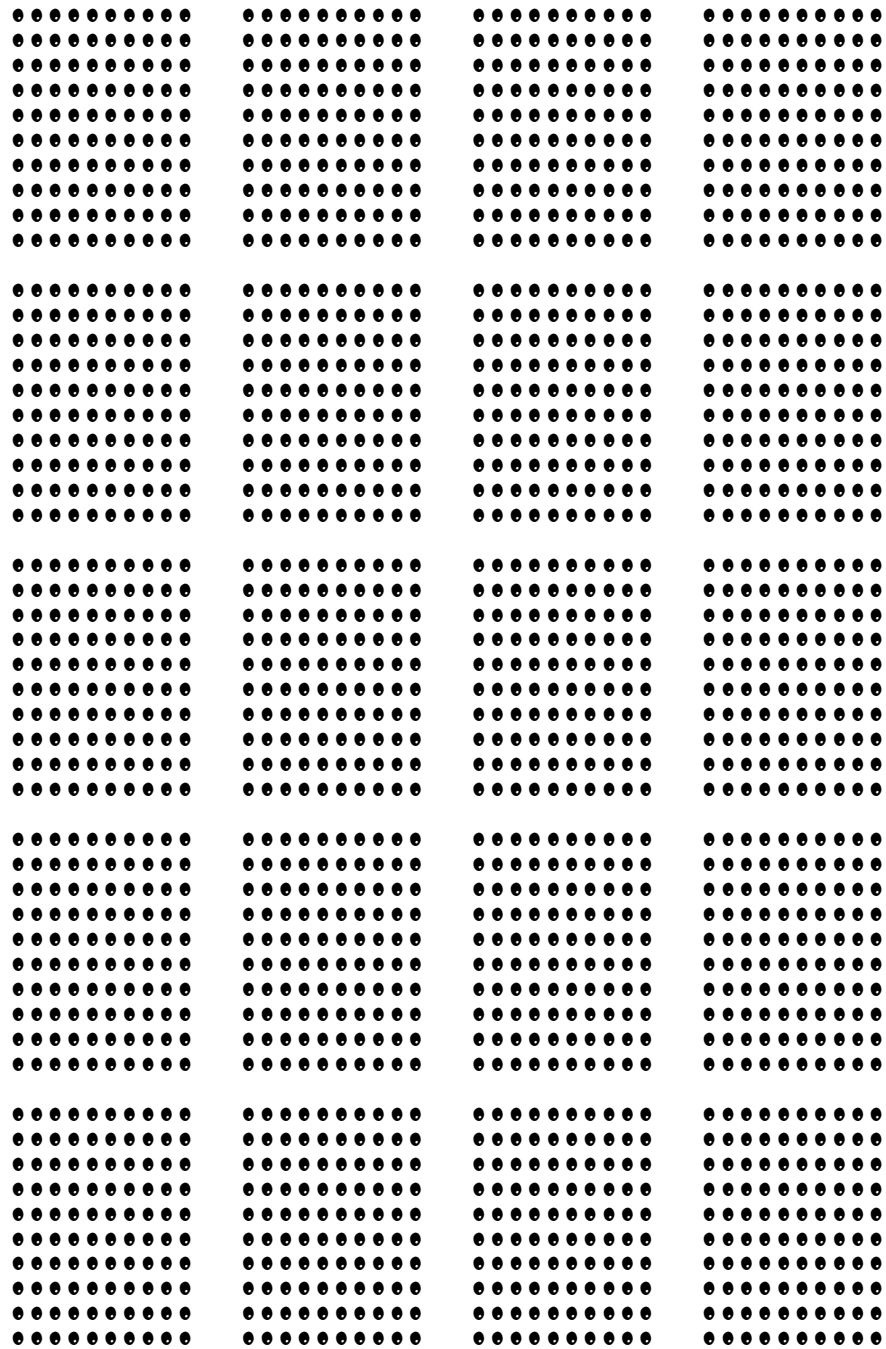
If you want to go to hell,

be sure to wake up

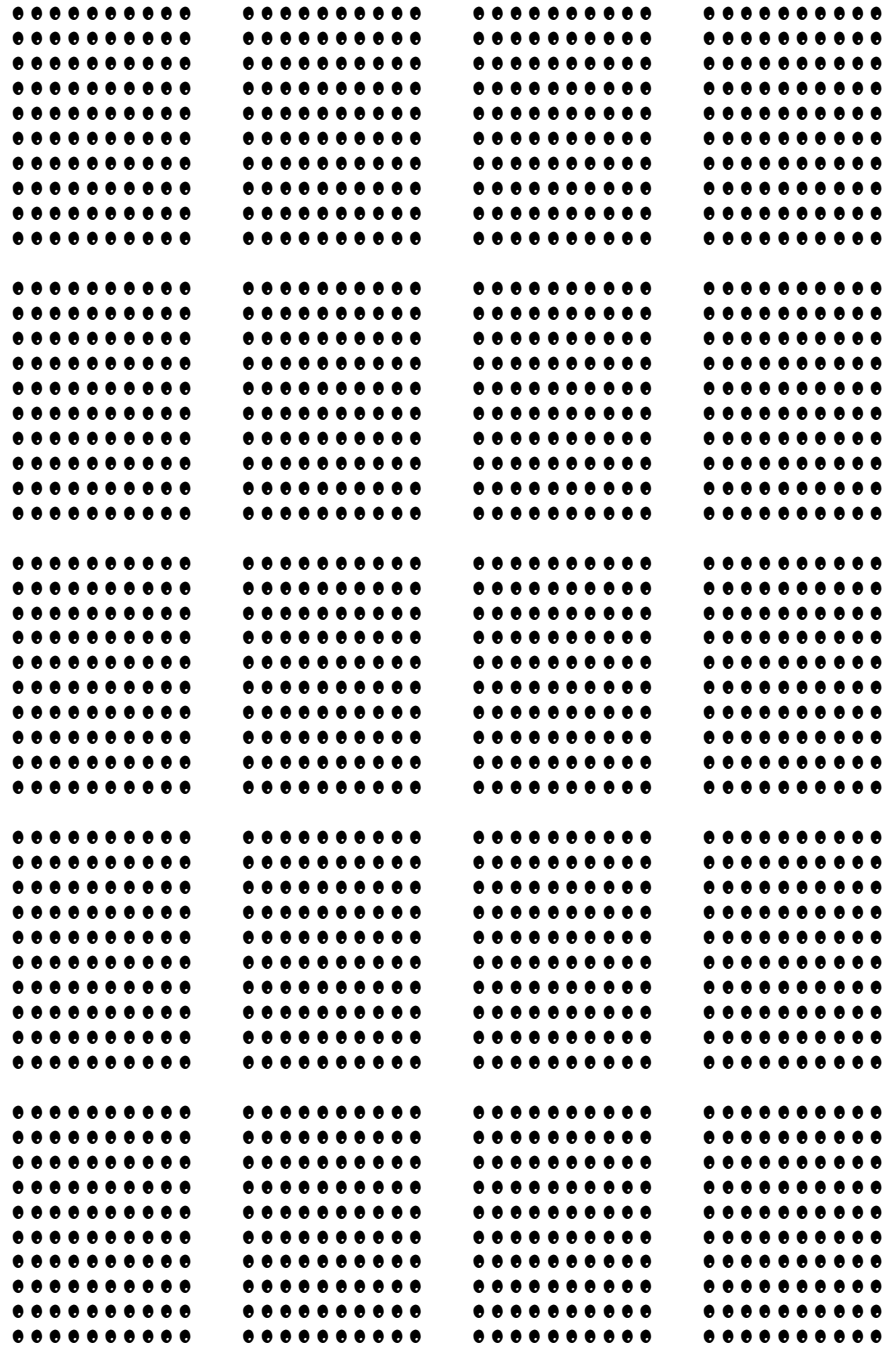
tomorrow.



You forget
more than you know,
you know
less than you remember,
and
you remember
little of what you forget.

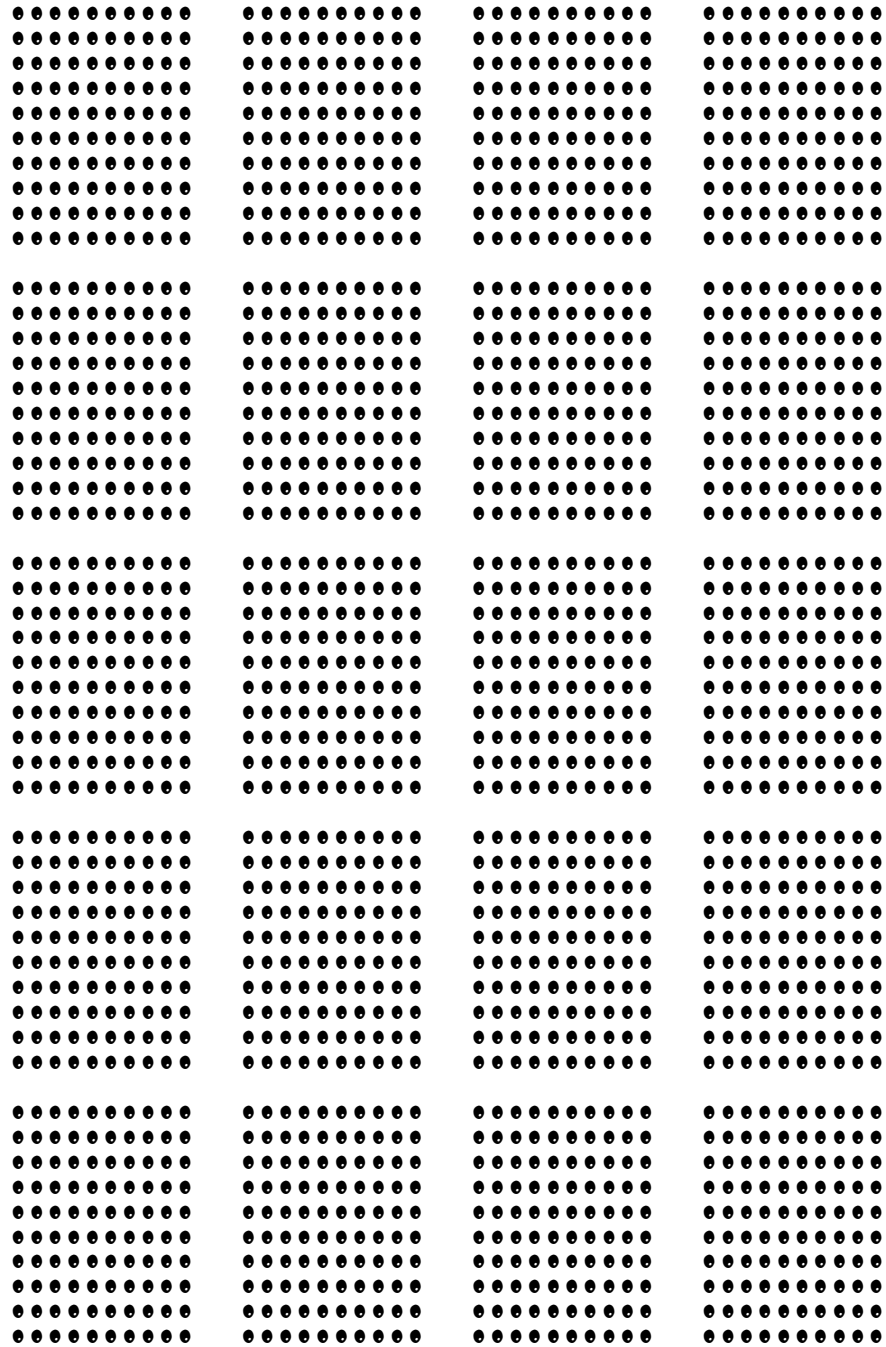


Life is a series
of problem solving events
with no final solution.

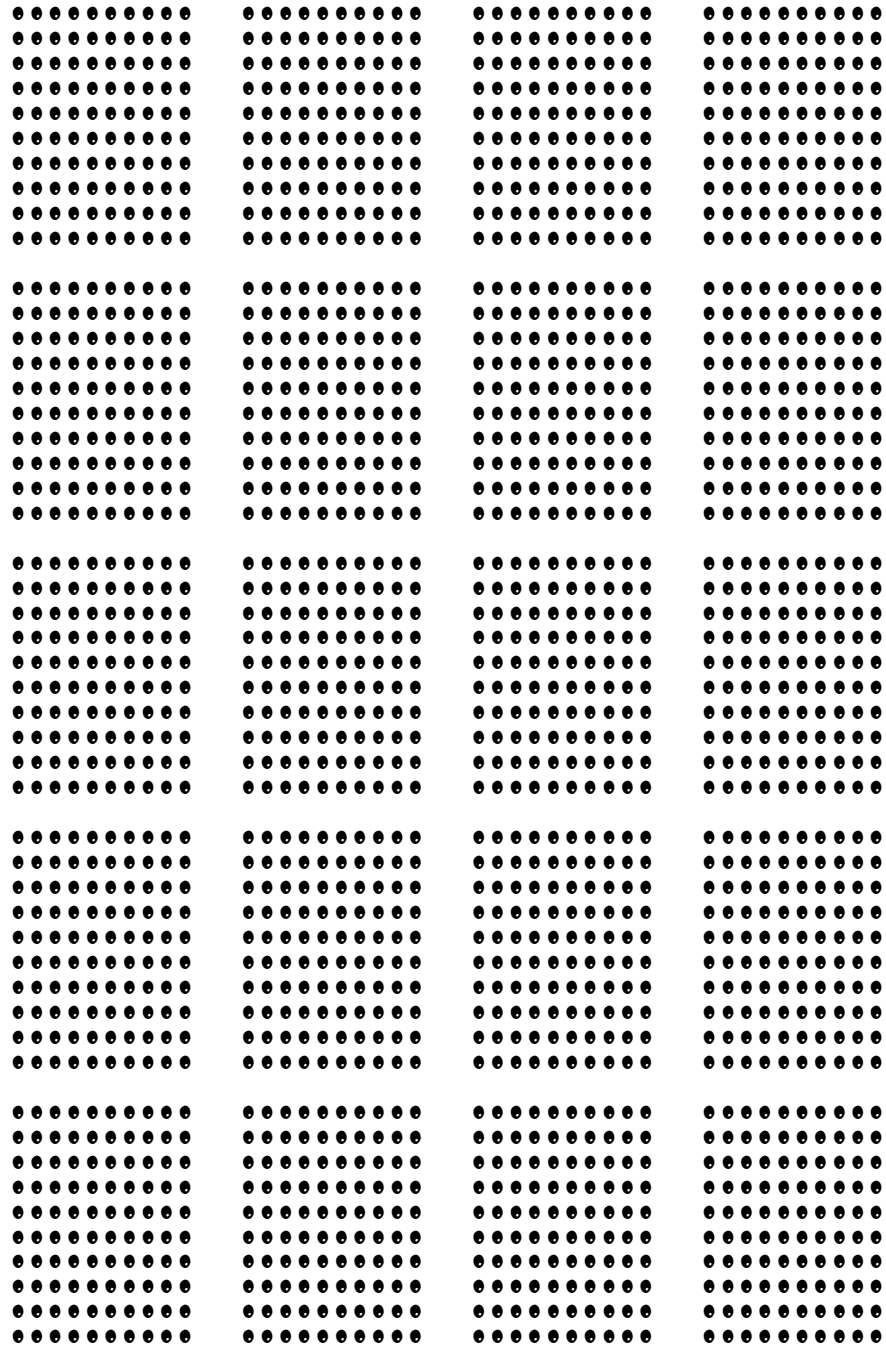


It is always more difficult
to fight against faith
than against knowledge.

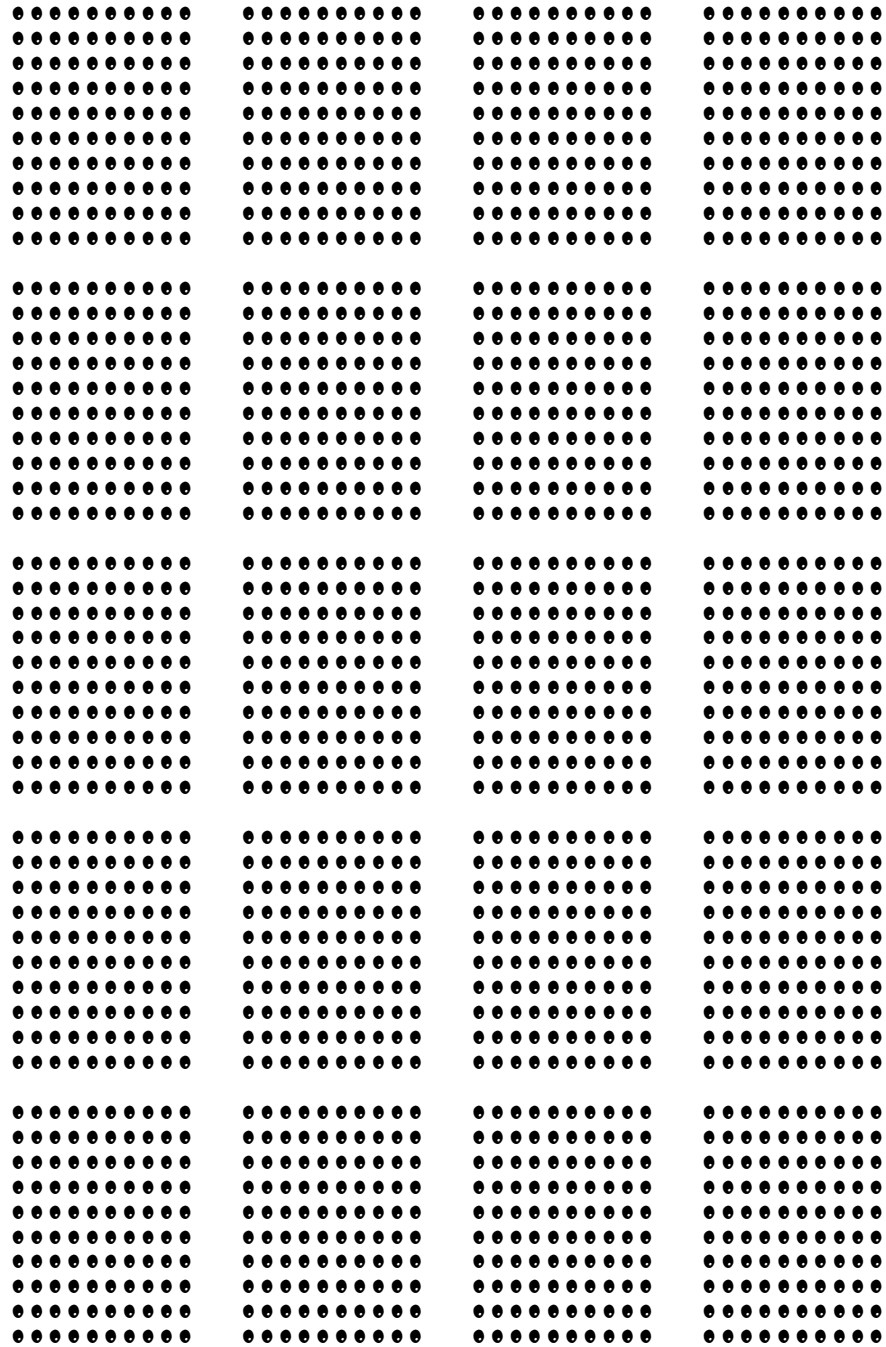
- Adolph Hitler



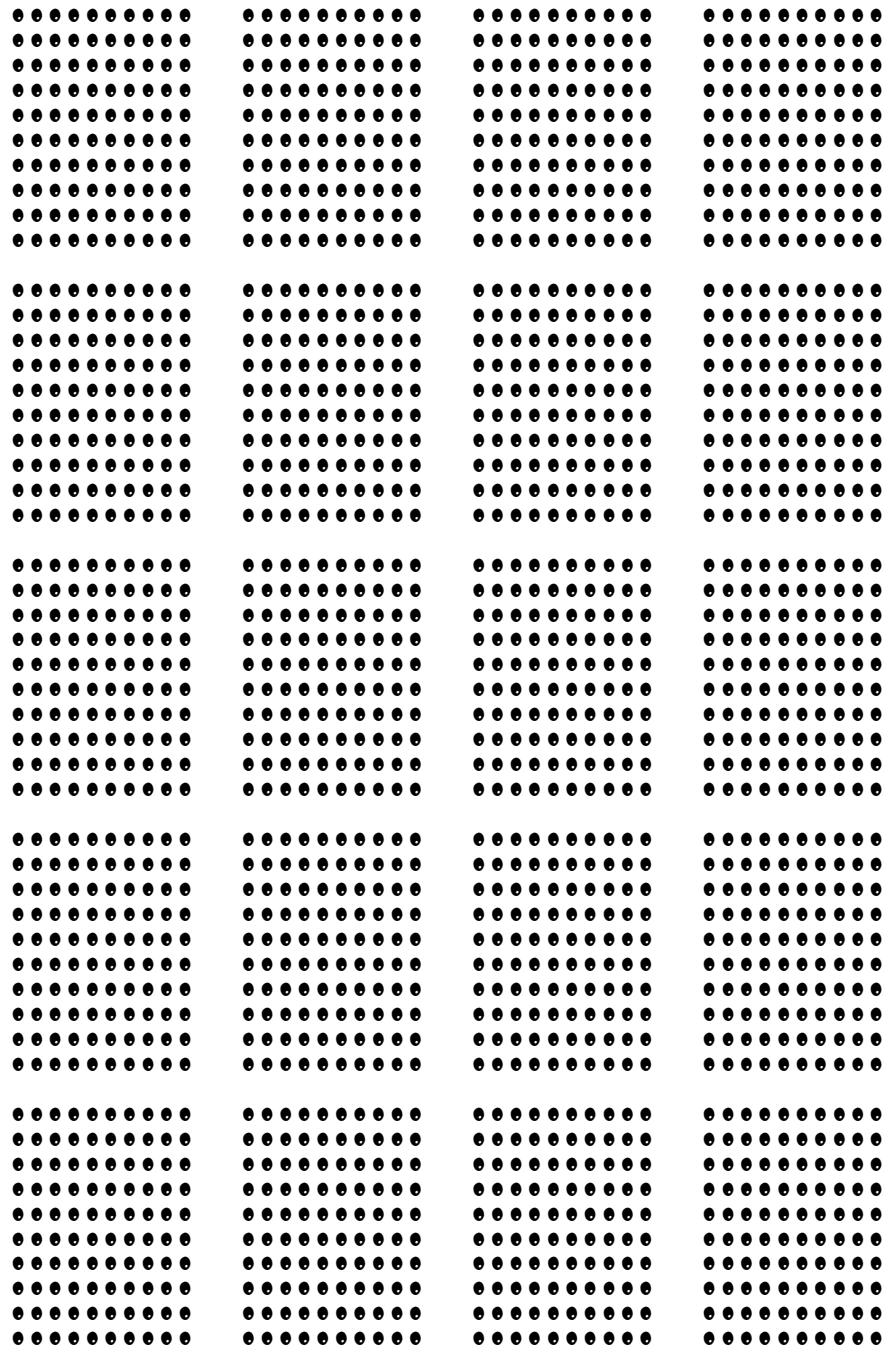
Blind faith
silences the mind.



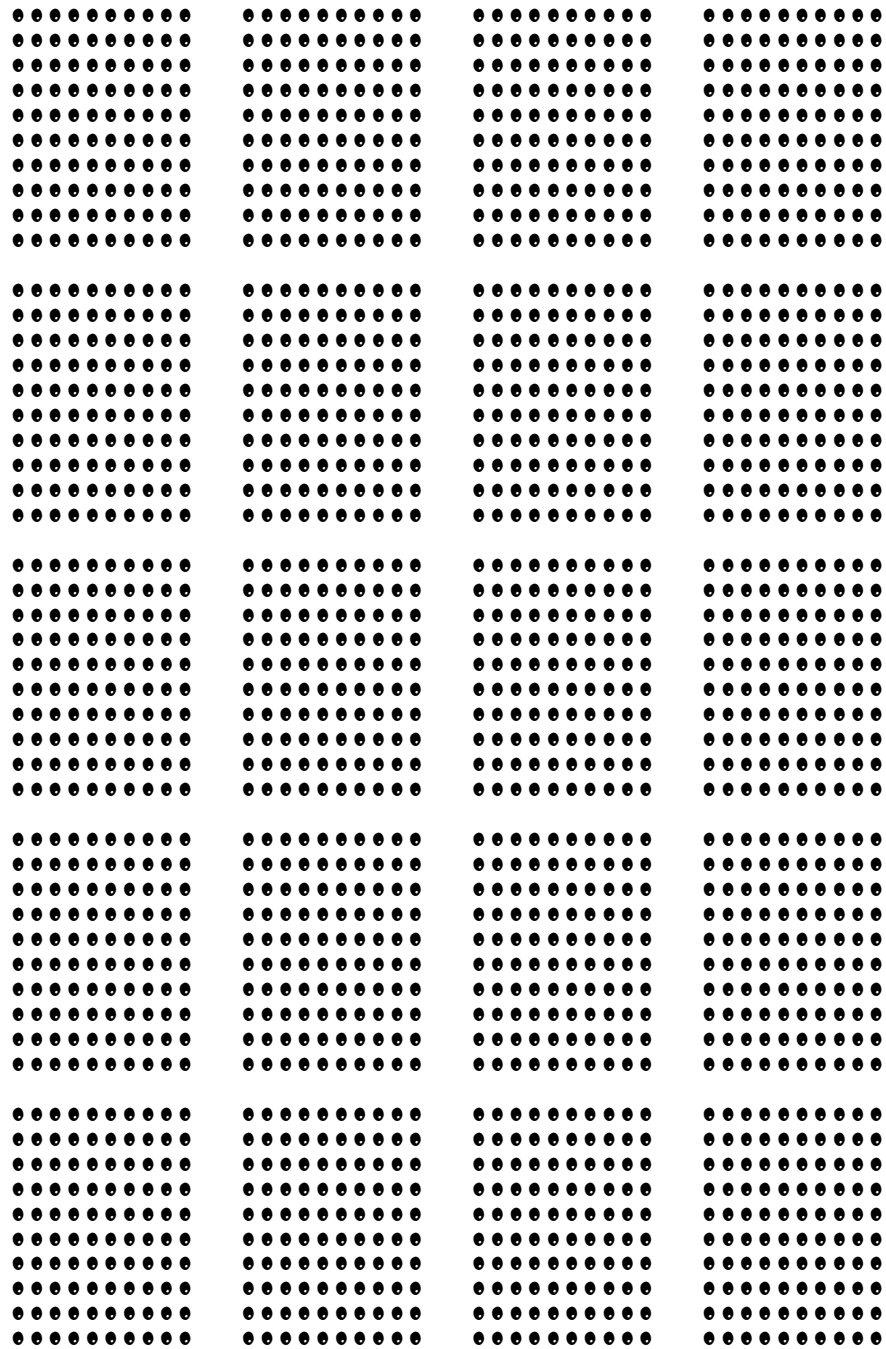
As long as
you can ask why,
you are still alive.



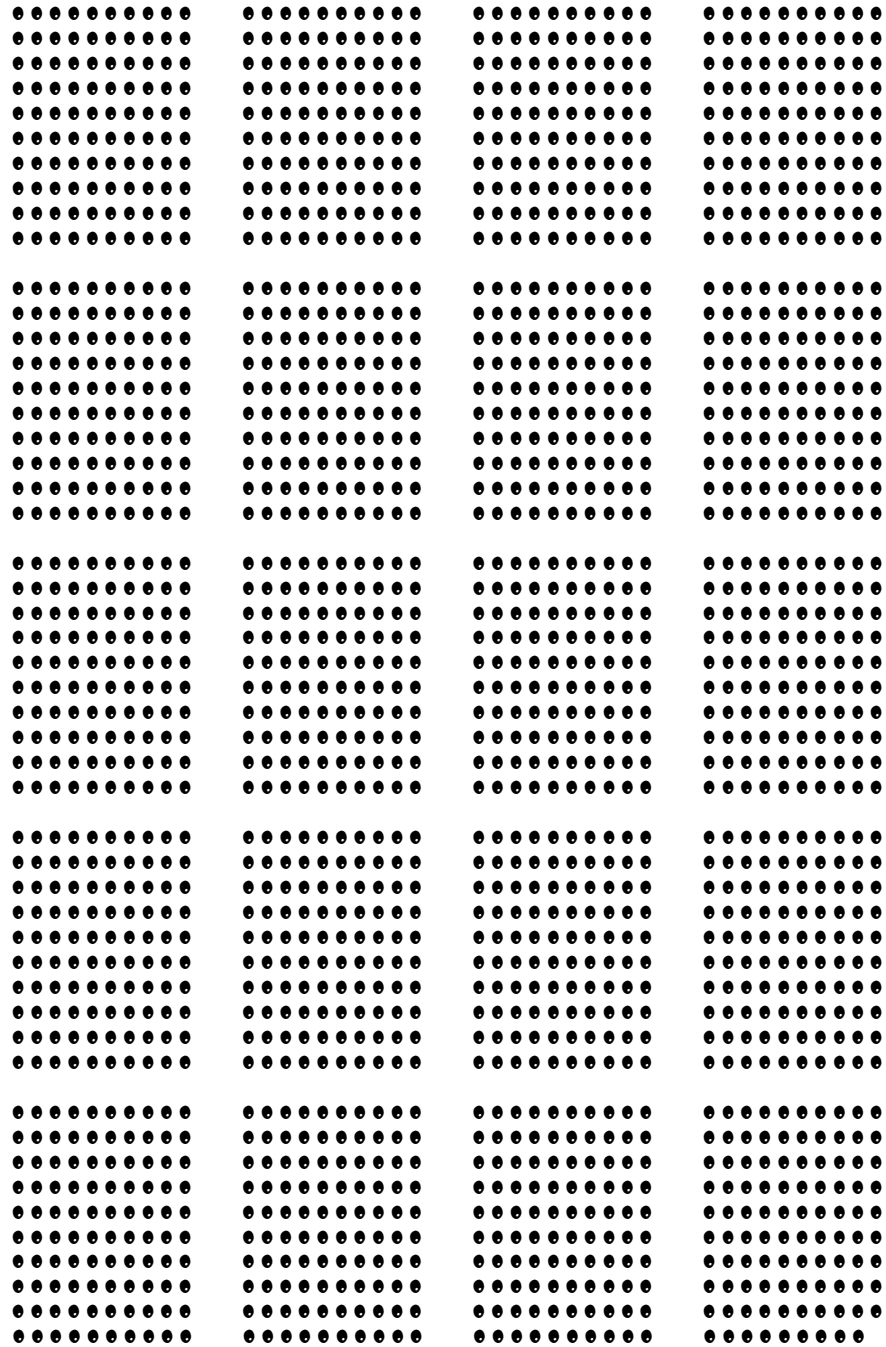
The pain of child bearing
is secondary to
the pain of child rearing.



Emotions are
the blood of life
and the bane
of reasoning.



Joy is to laugh
and to cry
in the same breath.



The End